



## Arapahoe House

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► Help from the  
Governor

► A Letter to my  
Addiction

► Integrating  
into Primary  
Healthcare

► Adopt A Family  
Program



## Arapahoe House

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# News of Substance

*A Newsletter Connecting the Community With Our Nonprofit*

Visit us on the web at [ArapahoeHouse.org](http://ArapahoeHouse.org)



## Arapahoe House accepting last-minute gifts for the 2010 Adopt a Family program

The Arapahoe House Adopt a Family Program brings hope and the spirit of the holidays to single-parent families in Arapahoe House programs.

Our clients often times are unable to buy winter jackets, new shoes and educational toys for their children. Each family creates a wish list to be fulfilled by donors like you who buy and wrap presents. Together, we can make this holiday special for those who are healing from drug and alcohol addiction.

- Last day to sign up for Adopt a Family – December 17th
- Last day to drop off gifts at an Arapahoe House location – December 20th

A maximum dollar amount of \$50.00 per family member is suggested.

### Join us!

Interested donors should contact the Arapahoe House development office at 303.412.3643 or e-mail [development@ahinc.org](mailto:development@ahinc.org). ●



Arapahoe House is Colorado's nonprofit leader in providing affordable drug and alcohol treatment for more than 15,000 people every year.

## Dr.Drew Helps Launch Brand New Event Attracting 620 Attendees and Raising more than \$200,000 for Arapahoe House

Arapahoe House, Colorado's leading non-profit provider of substance abuse treatment welcomed Dr.Drew, host of Celebrity Rehab and Loveline, to downtown Denver for a brand new fundraising event. Dr.Drew delivered the keynote address to 620 attendees at the Seawell Ballroom at the Denver Center for the Performing Arts. The luncheon raised more than \$200,000 through sponsorships, ticket sales and day-of donations during the event. All proceeds from the event will directly benefit Arapahoe House's life-changing addiction treatment programs.

"Addiction is the epidemic of our time," said Dr.Drew during the keynote address. "Do you how extraordinary it is to have an organization like this? I wish I had something like Arapahoe House to offer my patients."

Dr.Drew delivered a funny, engaging, entertaining, and educational keynote address that included audience participation and an impromptu question and answer session. "This is a brain disease and change is

hard," he continued. "With addiction, we are essentially fighting the hijacking of the brain's navigation system. I want you to be my army of people going out there educating people about addiction."



The Inaugural Arapahoe House Luncheon with Dr.Drew was presented by First Bank, with premier sponsorship by James and Kathy Crapo and the Anschutz Foundation. Other major sponsors included: Herbalife Independent Distributor - Leslie Stanford, Wells Fargo, Galena Foundation, Heritage Wine and Liquor, Patty Jenkins, MDC/Richmond American Homes Foundation, NexGen Resources Corporation, Redwood Toxicology Laboratory, Inc., Resource Capital Funds, Trice Jewelers and TripleB - LaFawn Biddle. Media sponsors included CBS4 and Denver Magazine. ●



## Arapahoe House

provides substance abuse treatment to vulnerable individuals and families in metro Denver. Since 1975, Arapahoe House has been empowering members of our community to find help, hope and healing from drugs and alcohol. Today, we help more than 15,000 members of our community every year. With 13 locations and more than 20 specialized services, Arapahoe House is Colorado's leading nonprofit provider of affordable drug and alcohol treatment. We provide substance abuse illness treatment for women and their children, teens, adults and families to help save and rebuild lives. The nationally recognized programs of Arapahoe House are designed to meet the unique treatment needs of our clients to help give them a greater chance of recovery.

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## HELP

## Help from the Governor



*On October 27, 100 community members celebrated the 10th Anniversary of the Marcella C. Rapp Community Partner Award Luncheon at The Wellshire Inn. Governor Bill Ritter, Jr. delivered the keynote address and Arapahoe House honored Dr. Skip Barber, executive director of the Colorado Association of Family and Children's Agencies for his leadership in developing policies to benefit at-risk children in the Colorado Child Welfare System. Below are*

*excerpts from Governor Ritter's keynote address.*

How I come to this issues of substance abuse and mental health are both personal and professional. My dad was an alcoholic and I watched him battle this demon everyday. It was awful and as his son, I experienced it with him.

Professionally, as a prosecutor, I saw how the intersection of substance abuse and mental health occurred in all aspects of the criminal justice system.

We, as a state, spend far less money, per capita than any other state on substance abuse treatment. Nationwide, \$27.00 per U.S. resident is spent on publicly funded substance abuse treatment compared to \$7.50 spent per resident in Colorado.

The good news is that we are getting a lot of bang for our buck. Providers out there are doing a tremendous job with the resources they have. I'm happy to report that we spend more money on mental health now than when I took office in 2007. Not only is it the humane and right thing to do but it's the fiscally responsible thing to do, it's a human investment.

Arapahoe House has a long history of investing in treatment. It has made such a dramatic difference in the lives of the people of this state. The number of lives that have been saved because of Arapahoe House are too many to count.

*In August 2009, Governor Ritter announced plans to cut \$320 million from the Colorado state budget. Among the programs spared were critical drug and alcohol treatment services.*

*"Cuts to substance abuse treatment would have been dire," said David Murphy, Arapahoe House CEO. "Arapahoe House would be faced with a devastating challenge of cutting services to those who are most in need. We're incredibly grateful for Governor Ritter's commitment to the most vulnerable." ●*

## HOPE

## A Letter to My Addiction

To my addiction,

You took everything from me: my family, my friends, my job, my home, my dignity. You were all I thought about from the first thing in the morning to the last thing before I stumbled into sleep. You made me take awful care of myself. My standard of living was disgusting. I ruined my relationship with my parents. All I cared about was you.

I'm thankful I hit rock bottom. I remember the exact day. My 1-year old's dad had just come home. He had been using and he looked awful. My son looked at him, and then looked at me as if to say, "mommy help". I knew at that moment that I would never use again. My child would never look at me like that.



I was 10 weeks pregnant with my second son when I found Aspen Center for Women at Arapahoe House. I was ready to get help. I had never been to treatment before, but I knew I was going to give it everything I had. The counselors didn't judge me, they listened and they helped me. They were there for me and helped me begin to overcome you, my nightmare.

I hate asking for help, you made me ask for help.

Before treatment, most of my money was spent on drugs. My son had diapers, but that's about it. None of it was worth it. Addiction runs in my family, but that's no excuse. You are always going to be there. I have to fight you every day. But, it's getting easier.

My 2-year old son and 4-month old son light up my world. They are healthy and thriving. I'm a single mom determined to make a solid, healthy life for them.

I will never go through this again. I will do whatever it takes to stay away from you, addiction.

I get up in the morning now and take pride in what I'm doing and who I am. I'm rebuilding the relationship with my parents and this is the first time I've been a real mom. I love it more than anything and I'm getting better at it every day. I'm strong. I'm going to continue to conquer you. ●

## HEALING

## Integrating into Primary Healthcare

Substance use illness treatment and mental health services are rapidly evolving and Arapahoe House is ahead of the curve with cutting-edge treatment. The first phase of evolving with the industry involves integrating Arapahoe House staff into primary care clinics.



When a person has a health problem – whether it's behavioral or medical – they typically seek help from their primary care doctor. Research has shown that a significant number of patients seeking medical assistance have unidentified, underlying mental and substance abuse issues (behavioral health). Medical professionals have limited time and expertise around behavioral health issues. During a primary care appointment, it's difficult to fully assess the disorder and make appropriate treatment recommendations.

This is where Arapahoe House comes in.

Arapahoe House's, Sue Maclaren, a clinical specialist with a certificate in Primary Behavioral Health has been embedded into the Metro Community Provider Network (MCPN), a health clinic serving metro Denver. Three days per week, Maclaren is stationed at MCPN and ready to consult with patients, physicians and other medical professionals (or all simultaneously) concerning substance use and/or mental health issues in the exam room.

"My role is multifaceted, providing assessments, brief, targeted interventions, physician consultations and support to patients and their families," said Maclaren. "I free up the physician's time to assess other patient's medical needs and I treat the patient's behavioral health issues. I identify the patient's goals, educate them about their illness and determine if it's appropriate for them to seek additional treatment in an outpatient or residential setting. It's very convenient for the patient and the provider."

The process is seamless; especially considering behavioral health appointments have a 55 percent no-show rate. Patients return to see Maclaren 95 percent of the time for additional help.

"The goal is to identify a patient's behavioral issues in early stages. If a patient is displaying risky behaviors, I can work with them to help prevent a full blown addition from coming on. Early intervention is critical in substance abuse and mental health. It can mean the difference between a healthy life and one where a person's home, family and job, are in constant jeopardy."

*This is just the beginning of Arapahoe House's integration into the future of healthcare. Stay tuned for more articles on this topic. ●*