

A Spotlight on Community Partnerships:

The Dahlia Campus for Health & Well-Being

@HealthValueHub

www.healthcarevaluehub.org





Welcome and Introduction

Lynn Quincy
Healthcare Value Hub



Housekeeping

- Thank you for joining us today!
- All lines are muted until Q&A
- Webinar is being recorded
- Technical problems? Call Annaliese Johnson at 202-776-5177

Agenda



- **Welcome & Introduction**
- Dr. Carl Clark, President and CEO, Mental Health Center of Denver
- **Q&A**

Meeting the Needs of Community Members



A Policy Roadmap...

..to achieve a healthcare system that works seamlessly with public health, social sectors and community members to address the goals and needs of the people it serves and advance health equity.



Inclusive Preschool

Skyline Academy

Pediatric Dental Clinic

Community Spaces

Mental Health Services

Teaching Kitchen

Community Gardens

Urban Farm

Aquaponics Greenhouse





**CARL
CLARK, MD**

President & CEO
Mental Health Center of Denver

Top 5 Strengths

Learner, Ideation, Self-Assurance,
Maximizer, Individualization

Contact

Carl.Clark@mhcd.org



Mental Health Center of Denver



START WITH THE WHY

1 in 5

1 in 5 people are experiencing a mental health challenge at any given moment.

3 out of 5

3 out of 5 people experiencing a mental health concern don't get the care that they need.





OUR WORK ACROSS THE LIFESPAN

- Somatic Treatment
- Psychotherapy
- Social Determinants of Health





WELL-BEING IS A CONTINUUM

And we are all on it

Serious and
Persistent
Mental Illness

Surviving

Thriving

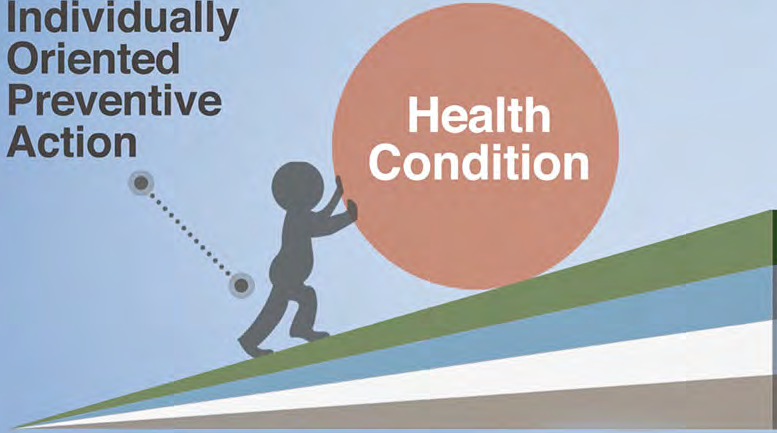


SOCIAL DETERMINANTS OF HEALTH

Mental Health Center of Denver



Individually
Oriented
Preventive
Action



Health
Condition

- ← Lack of Housing
- ← Lack of Employment
- ← Lack of Education
- ← Forces of Poverty



mhcd.org/dahlia





Mental Health Center of Denver



Community-Driven Process



Mental Health Center of Denver



The History of Dahlia Square



Mental Health Center of Denver



The Importance of Food




Mental Health Center of Denver


DAHLIA
CAMPUS
FOR HEALTH & WELL-BEING

**Urban Farm, Aquaponics Greenhouse,
Community Garden & Therapy Garden**



Mental Health Center of Denver



DAHLIA
CAMPUS
FOR HEALTH & WELL-BEING

Community Kitchen



Mental Health Center of Denver



Pediatric Dental Clinic



Mental Health Center of Denver



DAHLIA
CAMPUS

FOR HEALTH & WELL-BEING

Early Childhood Education



Mental Health Center of Denver



DAHLIA
CAMPUS

FOR HEALTH & WELL-BEING

Well-Being Across The Lifespan

What can
your school
grow
in a carton

COMMUNITY

- Classes and Activities
- Sewall Preschool
- Teaching Kitchen
- Community Spaces
- Gymnasium
- Food Pantry

COMMUNITY



BODY

BODY

- Farmers Market
- Food Box Program
- Dahlia Farms and Gardens
- Kids in Need of Dentistry

MIND

MIND

**Mental health services
across the lifespan, including:**

- Infants, toddlers and preschoolers
- School age children and teens
- Parents and caregivers
- Adults of any age



Mental Health Center of Denver



CLINICAL SERVICES

**CHILD AND FAMILY
OUTPATIENT SERVICES**

**RIGHT START FOR INFANT
MENTAL HEALTH**

**EARLY CHILDHOOD MENTAL
HEALTH CONSULTATION**

VOZ Y CORAZÓN

SCHOOL-BASED PROGRAMS

SKYLINE ACADEMY

ADULT LIFESPAN SERVICES

**IN-HOME THERAPY
PROGRAMS**

CASE MANAGEMENT

PSYCHIATRY SERVICES

**DEAF & HARD OF
HEARING SERVICES**

HEALTHY LIVING

HORTICULTURAL THERAPY

INTEGRATED CARE





Mental Health Center of Denver



DAHLIA
CAMPUS

FOR HEALTH & WELL-BEING

Popularity of the Campus

Recent Accolades



**International Association
for Public Participation**

2017 International
Project of the Year



**Fast Company Magazine
2018 World Changing Idea Award**

Finalist for Urban Design Category



National Council for Behavioral Health

2018 Excellence in Behavioral
Healthcare Management



US Green Building Council

2018 Innovative Project, Health and
Wellness in the Built Environment Award



FINANCIAL ROADMAP



Mental Health Center of Denver



COMMUNITY GOVERNANCE



Mental Health Center of Denver



**Dahlia Campus
Magazine Available At:
www.bit.ly/Dahlia-Magazine**

Resource Guide

To Access Our Services, Call Us (303) 504-7900
 To schedule a free first appointment at Mental Health Center of Denver for yourself, your loved one or friend, please contact our Access Center by calling (303) 504-7900.
 Send Us an Email: AccessCenter@mhc-d.org

Hello, I'm Carl Clark, MD
 President & CEO
 Mental Health Center of Denver
Top 9 Strengths:
 Mediation, Self-Awareness, Intellectualization, Ideation, Learning
 Contact: Carl.Clark@mhc-d.org

Need Help Now?
 Visit a Walk-In Center
 Colorado Crisis Services operates 5 walk-in crisis centers across metro Denver. These centers are open 24/7 and offer confidential, in-person crisis support, information and referrals to anyone in need. [Click here](#) for more information.

Call 1-844-493-TALK (8255)
 If you are in crisis or need help talking with someone, call this toll-free number 1-844-493-TALK (8255) to speak to a trained professional or text TALK to 38255.

Book Suggestions

Well-Being
 According to Gallup's research published in the book Well-Being, the five essential elements of well-being are:
 • Career
 • Relationships
 • Financial
 • Physical
 • Community

Positivity
 Positivity is a book by Barbara Fredrickson regarding the power of positivity in your life. Research shows that negative emotions have been found to impact us at 2x that of positive emotions.

Eat Move Sleep
 Eat Move Sleep is a book by Tom Rath focused on the ways that eating, moving and sleeping has an important impact on our lives and the ways we move through the world.

Colorado Crisis Services

Mental Health Center of Denver
 mhc-d.org

RESOURCES IN COLORADO



Skyline **Academy**

Pediatric
Dental **Clinic**

Mental **Health**
Services

Community
Gardens

Aquaponics
Greenhouse

Inclusive
Preschool

Community **Spaces**

Teaching **Kitchen**

Urban **Farm**





QUESTIONS & ANSWERS



Mental Health Center of Denver

Questions for our Speaker?



- Use the chat box or to unmute, press *6
- Please do not put us on hold!



SOCIAL DETERMINANTS OF HEALTH

Economic Instability

Substandard Housing

The conditions where you live, work and play impact your health outcomes.

For details on the strategies, go to:
[HEALTHCAREVALUEHUB.org/social-determinants-of-health](https://www.healthcarevaluehub.org/social-determinants-of-health)

© 2018 Altarum. All rights reserved.

Unhealthy Food Options

Lack of Transportation Options

Quality of Education

Public Safety

Inadequate Parks/Playgrounds

ALTARUM
HEALTHCARE VALUE HUB

Resources related to this topic on the Hub and Dalia Campus websites:
<https://mhcd.org/dalia-campus-for-health-well-being/>

Thank you!

- Dr. Carl Clark
- Robert Wood Johnson Foundation



Join us for our next webinar:

- **October 25: Public and Private Strategies to Address Healthcare Provider Consolidation**

Register now at: HealthcareValueHub.org/events