

# Journeys

The Official  
Newsletter of  
**Maria Droste  
Counseling Center**

October 2015  
Issue #004

## Passing the Torch: Leadership Transitions

Welcome to the Fall 2015 Edition of our Newsletter! First, we are deeply grateful to Linda McKinzie who has retired as Maria Droste's CEO after 18 years of highly effective leadership. Our organization has greatly benefited from the work she did to grow and build a sustainable mental health counseling center with extremely effective community programs. In addition to leading our day to day operations, over the last 6 months Linda has led a strategic initiative that will serve to guide the organization over the next three years. More on that on page 2. We extend a heartfelt thanks to Linda for her years of dedicated service and are delighted that she will continue to be an active member of our private practice group going forward.

We welcome aboard David Brunick, LMFT, DBH, as our new CEO. David was on our board of directors in 2013 and 2014 and has most recently been serving as our Director of Program Strategy and Development. David has many years of senior leadership experience in the for-profit world, has worked as an executive with Goodwill, and recently completed his Doctor of Behavioral Health from Arizona State University. David is also licensed Marriage and Family Therapist in the State of Colorado and has worked primarily with teens and young adults in private practice.

*Continued on page 4*

### 3rd Annual Charity Golf Classic: Thank You!

On September 10th, we hosted the 3rd Annual Charity Golf Classic benefitting Maria Droste Counseling Center at Fossil Trace Golf Club in Golden, Colorado. A more beautiful day on the green could not have been possible for our 59 golfers and 10 volunteers. Volunteers, we could not have done this without your help! Thank you to Fossil Trace Golf Club for sharing your course, and a special thank you to our sponsors, listed below. **Together we raised over \$12,000 in proceeds for Maria Droste Counseling Center Programs and exceptional mental healthcare for those who may otherwise be unable to afford it.** We'll be back next year - we hope you'll join us again!

**Gutterman & Griffiths, PC**

**Fennemore Craig, PC**

**Safe Splash Swim School**

**Lil' Ricci's New York Pizza**

**Colorado Business Bank**

**Sisters of St. Francis**



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Counseling Center.

Colorado's Center for Mental Health

# From the CEO: Looking Forward



## Opportunities Ahead

I am pleased to announce that Maria Droste Counseling Center is launching a new 3 year strategy for responsible growth in order to reach the unmet demand for mental health care especially among the working poor in Colorado. The pressure to grow comes from a combination of healthcare reform and an increasing demand for access to mental healthcare. With healthcare reform, more Coloradans are insured. In 2015, Colorado Medicaid is providing public insurance to over 1,200,000 people. And Anthem, United,

and Kaiser combined are providing coverage to over 2,400,000 Coloradans (Denver Business Journal, July, 2015).

However, even with insurance coverage, many Coloradans still cannot access mental healthcare. Medicaid patients are finding that many mental health providers do not take Medicaid or they are placed on a long list of people waiting to receive services. People with other forms of insurance often face high deductibles. Deductibles of a \$1,000 or more and keep many people from using their insurance and accessing the services they need.

Maria Droste Counseling Center has a long history of working to provide mental health services to clients regardless of their ability to pay. We have worked to shift the stigma surrounding mental health and to address providing services in convenient locations such as schools and a medical office. Research tells us that the majority of people seeking mental healthcare often go to school teachers or their doctors as the first point of contact. Additionally, studies show that when a doctor refers patients to mental healthcare in another location, only a small percentage of patients actually follow through to get the help they need.

## Challenges and Capabilities Needed

Our new strategy challenges us to look ahead to expand our capacity to provide welcoming and compassionate mental health services. We are defining a new era of healthcare by co-locating services through more partnerships in more schools and medical offices. This allows people to get care where they already receive services. It improves convenience, lessens stigma and improves outcomes. Through our innovative model of care delivery we seek to utilize licensed professionals and masters/doctoral level interns in creative, effective ways. In addition, a recent change in our agency designation is allowing us to provide services to more Medicaid clients. And we will continue to offer affordable sliding scale fees to ensure mental healthcare is accessible to all.

It is a time of much change in the mental healthcare landscape; therefore it is imperative that Maria Droste expand its access to clients by ensuring that it has the right resources to build a high quality, sustainable approach to serving the community. We will continue to leverage our innovative model while investing in our infrastructure, forming new community partnerships, and stewarding responsible growth.

# Looking Forward *cont'd*

## Desired Outcomes

Our work has just begun with the launch of our strategy for this much needed expansion to provide mental health services. We have completed the implementation of our first partnership with a medical partner which is now fully operational, we have over 20 school partnerships, and we have selected a new electronic health record system that will be implemented in 2016. In addition, we have made significant improvements in our billing systems. However, more investments need to be made.

Maria Droste depends on community donors to make these investments in our mission. Our loyal donors have viewed Maria Droste as fund worthy because of our innovative model and ability to reach so many clients at a low cost. We continue to rely on our community of donors to help us move forward toward our goal of increasing access to mental healthcare. We hope you will join us in this meaningful journey to realize our goal to provide mental health services to people in need without unnecessary barriers.

Please contact me with your feedback, thoughts, or ideas about our new direction for growth. You can stop by the office, call me at 303-867-4609, or email me at david\_brunick@mariadroste.org.

## Regards,

**David R. Brunick, LMFT, DBH**  
Chief Executive Officer

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## Follow Our Blog Online!

**[MariaDroste.org/category/blog](http://MariaDroste.org/category/blog)** features our ongoing forum about various mental health-related subjects. Our blogs explore oft-ignored aspects of mental health in our daily lives and look at issues from a unique point of view as an independent mental health care provider. We recently completed a series exploring the effects of 24/7 news coverage on viewers, people with past traumatic experiences, and on public misconceptions about mental health.

Future subjects include looking at the social circles we build around ourselves and practical applications of mindfulness techniques. Just as importantly, we will explore the positive outcomes of therapy and the transformative power that proper mental health care has for clients and our community.

Have a suggestion for a blog topic? Let us know at **[Info@MariaDroste.org](mailto:Info@MariaDroste.org)**

## Passing the Torch: Leadership Transitions

David and Linda worked closely on our strategic review as we examined the opportunities that we have to serve more people with mental health needs. (See more of David's thoughts for Maria Droste going forward on page 2 in the CEO letter)



*In lieu of torch, pass the coffee. Linda and David at 2015-2016 Intern Orientation, August 2015.*

Our new strategy builds on a tradition of highly successful programs. Children First, Options and our Intern Program are the cornerstones of fulfilling our mission at Maria Droste Counseling Center. Central to this work, are the interns, private practitioners and staff. We have recently welcomed a new class of 20 interns again this year. They are essential to providing mental health care in our schools and at the counseling center. (See page 6 to learn about our new intern class). We have also welcomed several new therapists to our large and diverse private practice group. These practitioners support Maria Droste programs in many ways such as offering sliding scale services, clinical training and pro bono supervision of interns. (See the list of our therapists on page 7)

Going forward, we plan to expand our services further and deliver them to those with the need on a more real-time basis. Increasing opportunities to work more closely with medical care providers and more schools will mean that we can provide an even higher level of integrated care than before. With these opportunities come the challenges of expanding our infrastructure to support such technical enhancements for Medicaid billing, electronic record keeping and space management. While these additions are expensive they will enable us to partner with the medical profession to provide integrated care when and where clients need behavioral healthcare. We are happy to report we are underway with the first steps on these initiatives.

Enjoy this Fall edition of our newsletter and come along with us on this exciting journey to expand access to mental healthcare in Colorado!

*David R. Brunick, LMFT, DBH*

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Maria Droste Counseling Center

## Finding Balance: Madison's Story



"Am I living to work or working to live?" This was the question Madison found herself reflecting on at least once throughout her day. Although she took pride in her accomplishments and career, Madison felt she didn't exist outside of school and work. She lived alone in the garage-turned-apartment on her retired parents' property, and her relationships "or lack thereof" were confined to the walls of her school or the hospital she was a nurse in - neither location really focused on developing personal relationships so much as professional ones.

Madison never saw herself as a social person; in her undergrad and graduate years, she sought comfort in her academics while most students around her formed lasting friendships and romantic relationships. After graduation, she gradually came to feel that she "missed her shot, and now it's too late" to establish relationships bringing satisfaction and fulfillment.

Madison called Maria Droste Counseling Center because of this isolation. She wanted more than to

be a passive bystander. Most of all she felt that "Sometimes I just want someone to hear me to know I'm still here."

Paired with a welcoming therapist, Madison was able to recognize and give voice to painful frustrations that had long been permeating her thoughts with worry. At the core of her isolation was anxiety about socializing. That anxiety had reinforced itself over the years, yet remained so hard to define. With the help of a therapist listening to her with a fresh perspective, she recognized that so much of her difficulty came from destructive self-perceptions that simply were not true.

Madison did not suddenly, magically overcome her isolation or anxiety. But now she is traveling down that road. For Madison as for so many people dealing with isolation or anxiety, one of the hardest steps is the first one.

## October is National Depression Screening Month

Depression is common, and also commonly ignored. It is often dismissed as 'feeling down this week' or 'the blues'. The result is that only 50% of people suffering from diagnosable major depression seek treatment. Depression decreases productivity, and can aggravate physical health issues. It's also highly treatable with structured therapy techniques and/or medication. If you or anyone you know has been feeling persistently sad and lethargic, or experiencing powerful mood swings, please utilize our online depression screening tool at [MariaDroste.org](http://www.mariadroste.org):

<http://www.mariadroste.org/resources/>

Results are entirely anonymous and available immediately after taking the screening. Many clients report a sense of relief simply at having taken that first step toward treating their depression.

# Welcome 2015-2016 Interns

Our 2015-2016 internship class has hit the ground running! After nearly 7 months of recruitment and 115+ applications later, this year Maria Droste Counseling Center welcomes 20 interns to the program; 8 began their internship in June, with the remaining 12 interns joining their cohort in August.

Just a couple of weeks into the new school year, and already this group is seeing Options clients and many of the interns involved in Children First schools are seeing clients. These graduate-level interns will continue to see Options and Children First clients through the spring of 2016 when their placement comes to an end in May. We at Maria Droste Counseling Center are so glad to have each of you on board and look forward to the coming months working alongside you.

## 2015-2016 Internship Class

Polly Abernathy, *University of Colorado Denver*

Kelly Atwater, *University of Northern Colorado*

Vanessa Golembeski, *University of Denver*

Kristen Greenwald, *University of Denver*

Bridget Hand, *Metropolitan State University of Denver*

Zach Lattanzio, *University of Denver*

Carol Minzer, *University of Colorado Denver*

Vanessa Mortillo, *Naropa University*

Ashley Mott, *Naropa University*

Jacquelyn O'Neil, *University of Denver*

Christi Reinsma, *Regis University*

Kelly Reitz, *University of Northern Colorado*

Molly Shmerling, *University of Denver*

Kelly Smyth-Dent, *University of Denver*

Mingwei Song, *University of Denver*

Letitia Trent, *Naropa University*

Ashley Uchiyama, *Regis University*

Candace Wase, *Naropa University*

Lara Wolff, *Naropa University*

Talia Wolken, *University of Denver*

## Class Stats at a Glance

- 20 Interns accepted out of 115 applicants
- 18 Pursuing Master's degrees;  
2 Pursuing Doctoral
- 7 Speak other languages (Spanish, French, Italian, Chinese)
- 6 Universities:

**University of Northern CO | 2 Interns**  
Clinical Mental Health  
School Counseling

**Denver University | 8 Interns**  
Counseling Psych  
Clinical Psych (PsyD)  
Master of Social Work  
International Disaster Psych  
Child/Adolescent Assessment and Intervention (PsyD)

**Metropolitan State University of Denver | 1 Intern**  
Masters in Social Work

**Naropa University | 5 Interns**  
Contemplative Psychology  
Transpersonal Counseling Psychology  
Somatic Psychology

**Regis University | 2 Interns**  
Marriage and Family Therapy  
Counseling Psychology

**University of Colorado Denver | 2 Interns**  
Clinical Mental Health  
Couples and Family



**The Therapist Group**  
At Maria Droste Counseling Center.  
Excellence In Psychotherapy & Personal Growth

Susan Anderson, Ph.D.  
Kate Arellano, LPC, LMFT  
Kseniya Bakhtin, MA, NCC  
Karin Bustamante, MA  
Clare Carr, LPC, CAC II  
Peter Conti, LCSW, CAC III  
Cindy Duckworth, MA, LPC  
Dawn Goers, MA, LPC  
Claudia Gray, MA, LPC  
Jeanne Kiddney, M.Ed., LPC  
Kyungha Kim, MA, LPC  
Lorraine Lipson, M.Ed., LPC  
Sandra Mann, PsyD  
Linda E. McKinzie, LCSW  
Hazel Field Melmed, LCSW  
Marta Oko-Riebau, MA  
Laura Pentoney, MA, LPC  
Lisa Ransford, LPC, CAC II  
Lori Scheffler, MA, NCC, LAC  
Lorrie Schroffel, LCSW  
Joel Silverman, MA, LPC  
Susan Walker, MHR, LMFT  
Michael Webb, MA, LPC  
Judy Wilkinson, LCSW



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**Julie Chrzanowski**, Director of Children First  
**Sandra Mann**, Director of Clinical Training  
**Laura Buermann**, Director of Finance  
**Lisa Taggart**, Director of Intake Services  
**Dawn Goers**, Director of SMHP  
**Sue Kamler**, Intake Manager  
**Erika Durbin**, Program Coordinator  
**Derek Linscott**, Administrative Assistant  
**Lynn Ross**, Finance  
**David R. Brunick**, Chief Executive Officer

## Upcoming Events

### Two Men Talking

This fall Maria Droste will welcome Dr. Paul Browde & Dr. Murray Nossel in their globally acclaimed production, *Two Men Talking*. This two day event features a workshop based in narrative therapy on **Friday, November 13th**, followed by the award-winning theatrical event on **Saturday, November 14th**. *Two Men Talking* celebrates the healing power of storytelling and honors the affirmation of identity and self-acceptance in the face of a seemingly indifferent, sometimes hostile world. *You will not want to miss this event!* For more information and tickets, visit [MariaDroste.org/Events](http://MariaDroste.org/Events). For questions, contact [Institute@mariadroste.org](mailto:Institute@mariadroste.org) or call **303-756-9052 x176**.

### Colorado Gives Day

Colorado Gives Day is Tuesday, December 8th!

Each year, the Community First Foundation and 1st Bank set aside a 1 million dollar incentive fund to encourage donations to Colorado non-profits on a particular day. Donations made to Maria Droste Counseling Center through [ColoradoGives.org](http://ColoradoGives.org) will be augmented by that 1 million dollar incentive fund, meaning that your donation has an increased impact for the people of the Denver metro area needing mental health services.

To take advantage of this program, donate to Maria Droste Counseling Center online through [ColoradoGives.org/MariaDroste](http://ColoradoGives.org/MariaDroste) on December 8. You can also visit [ColoradoGives.org](http://ColoradoGives.org) ahead of time and schedule your donation to automatically process on that date. This is one of the easiest and most effective ways to support mental health this holiday season.



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## OUR 3rd ANNUAL CHARITY GOLF CLASSIC WAS A GREAT SUCCESS!



*Taken at 3rd Annual Charity Golf Classic, September 2015*

### GIVE ONLINE

MariaDroste.org/donate provides a step by step guide on making donations through our ColoradoGives.org profile. ColoradoGives allows us to securely process your donations and charges discounted credit card fees, so that more of your gift benefits the counseling programs at Maria Droste.

### GIVE THROUGH YOUR WORKPLACE

Maria Droste participates in Community Shares of Colorado, allowing you to give through your workplace giving program. Employees of private companies as well as state, local, and federal agencies can contribute directly from their paychecks using our ID numbers:

- Private Company Employees #5194
- State Employees #5152
- Federal Employees #46066



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