



**Albany County Clinic**  
 1263 North 15th Street  
 Laramie, WY 82072  
 PH: (307) 745-8915  
 FAX: (307) 745-8761



**Goshen County Clinic**  
 501 Albany Avenue  
 Torrington, WY 82240  
 PH: (307) 532-4091  
 FAX: (307) 532-8409



**Platte County Clinic**  
 1954 West Mariposa Parkway  
 P.O. Box 1078  
 Wheatland, WY 82201  
 PH: (307) 322-3190  
 FAX: (307) 322-3198



**Laramie County Outpatient Mental Health, Substance Treatment Services & Administrative Offices**  
 2526 Seymour Avenue  
 P.O. Box 1005  
 Cheyenne, WY 82003  
 PH: (307) 634-9653  
 FAX: (307) 638-8256



**Laramie County Adult Recovery Services**  
 604 East 25th Street  
 Cheyenne, WY 82001  
 PH: (307) 637-3953  
 FAX: (307) 638-6805



**Transitions Complex**  
 2310 East 8th Street  
 Cheyenne, WY 82001  
**Alcohol Receiving Center (ARC)**  
 PH: (307) 632-6433  
 FAX: (307) 635-5419  
**Transitions Residential Program (TRP)**  
 PH: (307) 632-6435  
 FAX: (307) 635-7982



**Laramie County Youth Services**  
 1609 East 19th Street  
 Cheyenne, WY 82001  
 PH: (307) 632-9362  
 FAX: (307) 637-6852



**Stagecoach Drop-in Center**  
 2727 O'Neil  
 Cheyenne, WY 82001  
 PH: (307) 432-0768



**Foster Grandparent Program**  
 1114 Logan Avenue  
 Cheyenne, WY 82001  
 PH: (307) 634-1265  
 FAX: (307) 634-9109



**The Haven**

[www.PeakWellnessCenter.org](http://www.PeakWellnessCenter.org)

**Annual Report  
 FY 2008**



# Distinguished Service Awards

These awards have been given to distinguished staff who have been recognized as providing outstanding service to the Center and to the communities in which we live.

**Albany County**

Aaron Plant, Amanda Quiroz, Chandler Stevenson, Cody Emmett, Cynthia Zimmerman, Gail Morley-Bryant, Jessica Patrick, Jordan Wiggins, Kelsey Chamberlain, Lauren Janey, Linda Meeker, Linda Schoneberg, Lindsay Stoffers, Mandy Eagler, Pat Flynn, Tonya Gerharter, Tristin Lee, Amy Moran and Linda Schoneberg

**Goshen County**

Morgan Ferguson, Joel Burian, Monnie Mylet and Kerry Jinks

**Laramie County**

Cindy Paul, Barbara Dolby, Mickey Lucas, Tamioka Johnson, Jennifer Thobro, Jeanne Cates, Sheri Rawlings, Joe Madrid, Helen DeGabain, Susan Sanchez, Dr. Jane Robinett, Greg Long, Maria Mores, Susannah Sanders, Emily Smith, Michelle Terry, Val Hays, Dorothy Daum, Jennifer Simpson, Angie Chan, Dona Sigward, Theresa Hopper, Jim Peters, Natalie Milligan, Darci Sprenger, Carolyn Leavitt, Kristine Pratt, Cynthia Gibbens, and Mike Hollingsworth

**Platte County**

Brenda Kofford

**Administration**

Michelle Kinohi and Justin Freeland

# Productivity

Everyone at Peak Wellness Center works hard. These individuals were extra productive in FY2008 and deserve a special "THANK YOU!"

Michael Esch, Sheri Miller, Valerie Lemon, Carolyn Leavitt, Cynthia Gibbens, Darci Sprenger, Kristine Pratt, Michael Hollingsworth, Natalie Milligan, Karla Dieters, Tony Esquibel, Katherine Hopfensberger, Susan Sanchez, Karla Meeks, Valerie Hays, Clay Cunningham, Tonya Gerharter, Lynda Baumgardner, and Susan Sorrick.

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# A Message from the President of the Board of Directors

In 2008, Peak Wellness Center provided mental health services to more than 5,000 Wyoming citizens. There are many new and exciting programs in the four county area served by Peak Wellness. The staff works as a team to treat our clients in a way that continuously makes me proud. Our dedicated team of professionals and paraprofessionals brings our center admiration and respect statewide.

The Platte County Center is enjoying its new clinic facility, and the employees there are especially enjoying full staffing. The Center continues to provide excellent services to the people of Wheatland.

The Laramie County Center is providing crisis stabilization at "Casa de Paz" for those at risk of possible hospitalization. The Center has also established "The Haven," a new long-term residential program designed to serve those who are seriously mentally ill and also have a substance abuse diagnosis.

Goshen County has improved its medical capacity by adding a nurse and a psychiatrist, and it has added "Bonnie's Place," a pleasant drop-in center for the seriously mentally ill.

"The Hive" in Laramie, now located in a wonderful new building, is serving the youth of Laramie, ages 3-12, who are seriously emotionally disturbed. I want to recognize the Albany County therapists, who have worked so hard to continue to develop more youth services to help the children in their community.

The Board was able to improve salaries at our center with new funding obtained from the legislature this year. We remain committed to improving our salary and benefits to continue to attract and retain quality employees.

I wish to thank the dedicated staff, center directors, executive director and board members who work so hard for all of our clients.

Mary Hartman  
President, Board of Directors

# Outcomes

- During fiscal year 2008, staff and clients completed "Wellness Check-ups" at admission, during treatment plan updates and at discharge.
- Persons served are reporting an improved quality of life and functioning as a result of receiving services at Peak Wellness Center.
- During fiscal year 2008, 85% of clients reported that services were available at times that were convenient for them and 90% reported that they liked the services they received.
- At admission, 10% of clients had reported going to the emergency room and/or being hospitalized for mental health or substance abuse problems compared with just 2.5% at discharge.
- From clients currently in treatment:
  - 82% of clients are getting along better with their family.
  - 68% of clients are better at handling daily life.
  - 65% are better able to cope when things go wrong.
  - 60% are reporting that their symptoms are not bothering them as much.
- Our outpatient programs had an average wait time of 2 weeks or less.
- Residential substance abuse programs had an average wait of 18 days.

# Highlights from the Past Year

- Implemented a major expansion of regional services with our partner agencies Carbon County Counseling Center and Pathfinder.
- Opened “The Haven” (see cover) to treat persons with serious and persistent mental illness and substance dependence problems.
- Began construction of a new eleven-unit supervised apartment complex in Laramie.
- Expanded Quality of Life services to include persons with substance use disorders.
- Created early intervention program to provide treatment for very young children.
- Opened “Recovery Houses” for men and women and their children.
- Improved staff salaries through additional funding from the State Legislature.
- Created specialized services for older adults.
- Diverted ninety five seriously mentally ill clients from inpatient care through Casa de Paz.
- Opened “Bonnie’s Place” Drop-In Center in Goshen County.
- Initiated Wellness Checkups to monitor progress of clients during and after treatment (see page on “Outcomes”).
- Moved all billing from paper based to electronic.
- Completed telemedicine network among all four counties.

# From the Executive Director

As each year passes, we at Peak Wellness Center come closer to having the services that people in our service area really need. Looking back, one will see a steady improvement in the system of care due to the Wyoming State Legislature, our Board of Directors, and the staff at Peak Wellness.

It is hard to imagine how we could have come so far without a staff that was willing to go the extra mile, two miles, one hundred miles, to take the vision of the Legislature and Board and make it a reality. The people who work at PWC are the best, the brightest, the most creative, the most optimistic, and the most energetic. This past year has given us many examples.

Late in FY2007, we opened Casa de Paz, a crisis stabilization facility to divert hospital admissions. One expects that such a program would be very difficult to implement. However, due to the incredible skills of the entire Laramie County ARS team, the program has been outstanding since its inception.

This past year, we received funding from the Legislature to start a residential program for persons with mental illness and substance dependence problems – from scratch, the first in the State. That’s not easy. However, PWC staff not only ‘pulled it off,’ they have made the Haven a model for the State.

The past few years, Albany County has served as a pilot project for how communities can productively treat troubled youth. This may be the hardest, most complex project we have ever undertaken. The Albany County staff has followed that rocky to road to make the project a roaring success!

There are a lot more examples and I could go on and on, but I’m out of space. In summary I just want to express how honored I am to be working with PWC staff.

David Birney, Ph.D.  
Executive Director

# About Peak Wellness Center

Peak Wellness Center, Inc. is a private, not-for-profit system of care that provides accessible, affordable and effective mental health and substance abuse services to the residents of Albany, Goshen, Laramie and Platte Counties in Wyoming.

We are committed to offering a comprehensive, balanced and coordinated system of community-based services that respects and advocates for the individual dignity of our clients, and that produces meaningful improvements in quality of life for our clients and for our communities.

## Management Staff

Executive Director - David Birney, Ph.D.

Albany County Clinic Director - Carol A. Sprabery, Ph.D.

Goshen County Clinic Director - Joel Burian, L.C.S.W.

Laramie County Clinic Director - Bill Quinn, L.C.S.W.

Platte County Clinic Director - Steve Mincer, M.A.

Business Manager - Lisa McBride, CPA

Community Relations and Prevention Director - Kristi Leavitt, B.S.

Foster Grandparent Program Director - Judi Johnston, B.S.

Human Resources Director - Brenda Hay, B.A.

Information Technology Director - Val Siegel

Quality Improvement Director - Dan Miller, B.A.

# Foster Grandparent Program

The Foster Grandparent Program, now in its 33rd year locally, provided volunteer opportunities for 86 low-income seniors in Goshen, Platte, Converse, and Laramie Counties. Foster Grandparents are assigned to volunteer stations such as schools, Head Start Programs, developmental pre-schools, Boys & Girls Clubs, and shelters, where they provide one-to-one or small group attention to youth struggling to meet their goals. In the past year, Foster Grandparents provided more than 1,000 children with service, and generated 65,192 service hours to children with special and/or exceptional needs.

## Stagecoach Drop-In Center

The Stagecoach Drop-in Center in Cheyenne provides volunteer opportunities and social support where people can go to relax, enjoy a snack and a cup of coffee, and share ideas. We also encourage our friends to help plan social activities for people recovering from mental illness. Many activities are co-sponsored by community organizations and promote community integration for members and the community alike. Volunteerism is encouraged in all aspects of the Stagecoach. The Center averages over 40 hours of planned monthly activities and welcomes new members.

## Sundance Drop-In Center

The Sundance Center in Laramie offers an opportunity for social support through different avenues. We are committed to empowering individuals and helping them to enrich their lives by providing a safe and supportive network. The program is one of choice where activities are geared towards enriching the lives of those we serve and allowing them to plan the center's future. Monthly activities include playing cards, outings, sightseeing, bowling, computer use, and developing the monthly newsletter.

## Bonnie's Place Drop-In Center

Bonnie's Place Drop-In Center in Torrington began in late spring of 2007 and is located in the community room of Peak's Mountain View Apartments. Bonnie's Place offers a relaxed atmosphere for weekly meetings and activities. Activities this past year included monthly lunches, trips to community events and games. Bonnie's place has averaged eight persons per week. The Torrington Rotary Club donated a new refrigerator to Bonnie's Place last summer. Sam Campbell is the staff liaison.

# Residential Services

Residential services include:

- Supported Living for adults with serious mental illness
- Primary Residential Treatment for substance abuse
- Detoxification for both men and women
- Therapeutic Foster Care for youth who are seriously emotionally disturbed

# Board of Directors

As the governing board for Peak Wellness Center, the Board of Directors oversees the budget and expenditures, hires the Executive Director and ratifies management staff, approves rates charged for client services, gives guidance and consent to enter into contracts, determines operating policies and procedures, and ensures that professional standards are maintained at the Center.

## Client Census

July 1, 2007 - June 30, 2008

<u>Residential Service Programs</u>	<u>Clients Served</u>	<u>Days of Service</u>
Supervised Residence - Cheyenne	9	1,813
Shared Living - Cheyenne	9	1,824
Logan Manor Apartments - Cheyenne	25	6,374
Gables Apartments - Laramie	13	3,264
Muriels Apartments - Laramie	11	3,312
Mountain View Apartments - Torrington	8	2,442
Haven - Cheyenne	25	1,796
Casa de Paz - Cheyenne	107	1,273
Jail Diversion - Cheyenne	16	2,020
"Transitions" Residential Program - Cheyenne	86	8,407
Chrysalis House - Pine Bluffs		
Adults	17	2,275
Children	21	1,540
Alcohol Receiving Center - Cheyenne	496	1,112
V.A. Recovery Houses	50	4,616
Phase IV Women's Recovery House - Cheyenne	4	323
Phase IV Men's Recovery House - Cheyenne	7	1,079
Therapeutic Foster Care - Cheyenne	24	2,960
Therapeutic Foster Care - Torrington	2	179
<b>Total</b>	<b>930</b>	<b>46,609</b>

## Officers

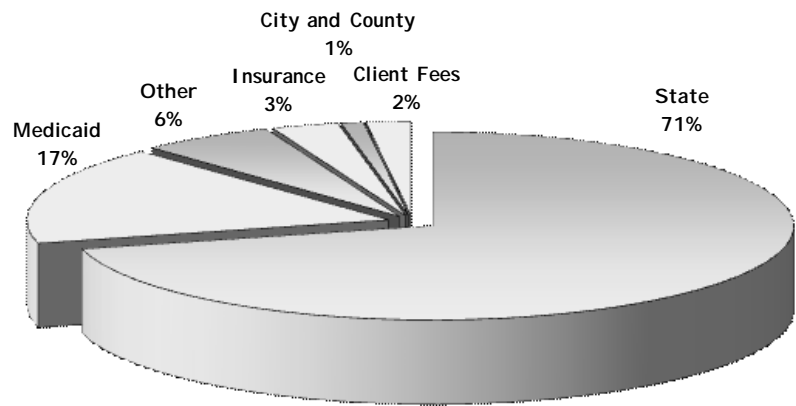
President - Mary Hartman  
 Vice President - Carol Rookstool  
 Treasurer - Ron Olson  
 Secretary - Pat Sherard

Jim Pond, Albany County  
 Patricia Romero, Albany County  
 Nancy Stutzman, Albany County  
 Laurie Janack, Albany County  
 Martin Gubbels, Goshen County  
 Margaret Herdt, Goshen County  
 Jerry Smith, Goshen County  
 Anne (Nancy) Hobbs, Goshen County  
 Kristen Blume, Laramie County  
 Mary Hartman, Laramie County  
 Rob Korber, Laramie County  
 Ron Olson, Laramie County  
 Carol Rookstool, Laramie County  
 Pat Sherard, Laramie County  
 Lee Dunham, Platte County  
 Sally Goodnight, Platte County  
 Jeff Wilhelm, Platte County

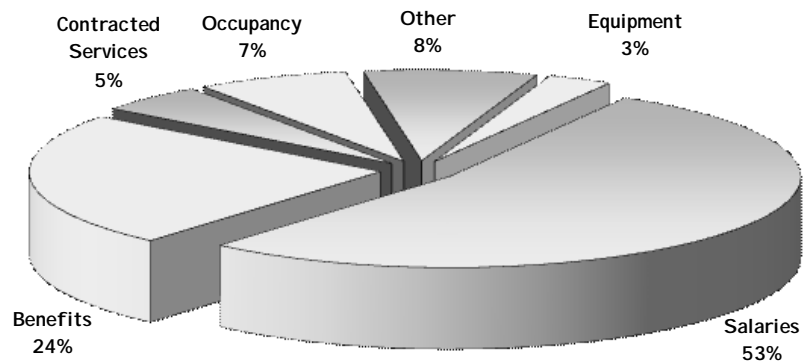
# Funding

The Center receives state, city, county, federal and United Way dollars. Income is also generated through contracts for services, third party payment, and client fees based on ability to pay. Funding for the services of Peak Wellness Center is a partnership among our clients, our communities, and state and federal governments. Total operating budget for FY2008 was \$17,912,387.

## Revenues



## Expenses

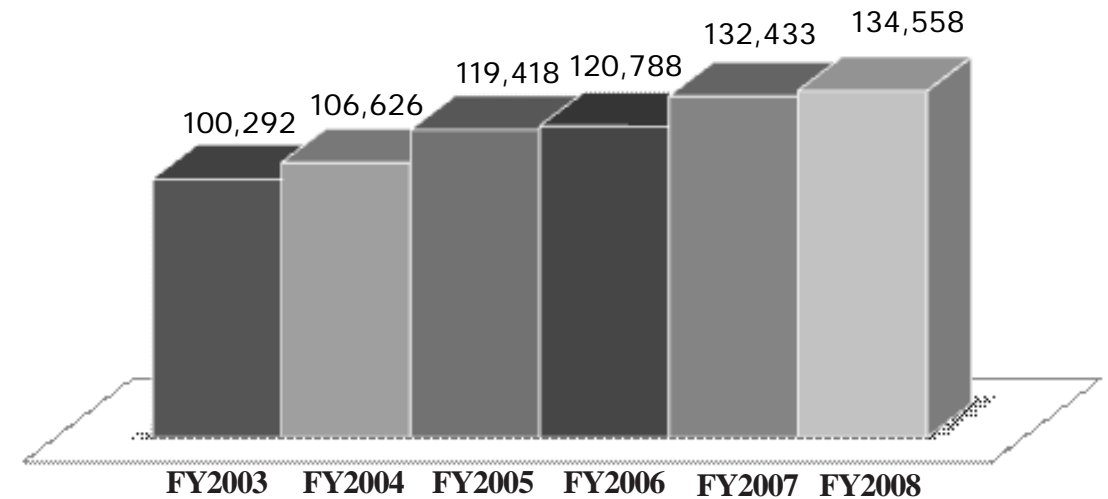


# Outpatient Services

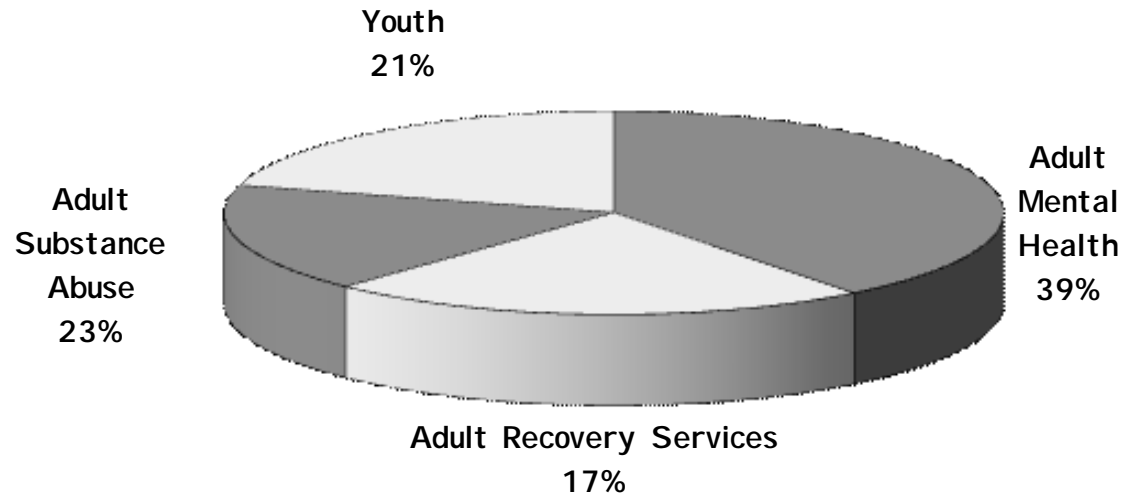
## Services by County

	<u># of admissions</u>	<u># of clients served</u>	<u>Hours of service</u>
Laramie County	1,850	3,291	79,195
Albany County	537	1,031	29,504
Goshen County	349	627	20,131
Platte County	357	447	5,728
<b>Total</b>	<b>3,093</b>	<b>5,396</b>	<b>134,558</b>

## Total Hours of Service



# Clients Served by Program



<u>Program</u>	<u># Served</u>	<u>Percent</u>
Adult Mental Health	2,288	39%
Adult Substance Abuse	1,308	23%
Adult Recovery Services	1,003	17%
Youth Mental Health	655	11%
Youth Substance Abuse	134	2%
Youth Seriously Emotionally Disturbed	409	7%
<b>Total</b>	<b>5,797</b>	<b>100%</b>

# Core Clinical Programs

The **ADULT MENTAL HEALTH OUTPATIENT PROGRAM**'s mission is to provide quality comprehensive services that promote and restore mental and emotional health to the community. The goal of this program is to provide services to those requesting them in an effective and timely manner, resulting in improved effectiveness in their community roles.

The **ADULT SUBSTANCE TREATMENT and PREVENTION PROGRAM**'s mission is to enhance the safety, health and prosperity of our communities through providing services tailored to the needs of our individual communities. The goals of this program are to provide people with substance abuse problems with the help they need, to benefit the persons served with individualized services, and to offer a system of treatment alternatives.

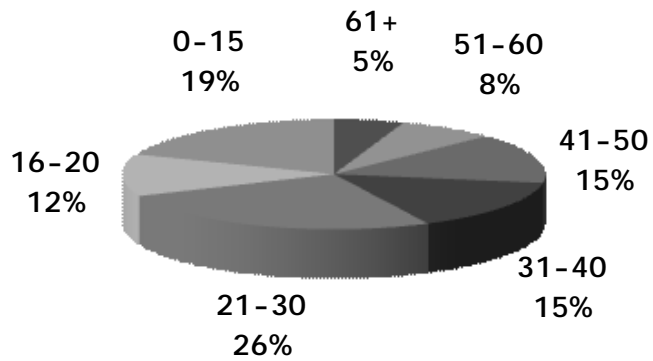
The **YOUTH and FAMILY PROGRAM**'s mission is to provide therapeutic services to youth and families in their communities, thereby empowering them to function in the most productive manner and enhancing their quality of life. The goals of this program are to assist youth in developing age appropriate daily functioning in all major life areas, increase family involvement by tailoring comprehensive mental health and substance abuse treatment services to meet the needs of youth and families, encourage children to live in a safe and secure environment, and ensure clients have access to services and community resources.

The **ADULT RECOVERY SERVICES PROGRAM**'s mission is to provide psychosocial rehabilitation services assisting individuals with recovery and integration within the community through chosen roles and environments. The goals of this program are to assist clients in meeting their basic needs, help with illness management, and aid with the development and achievement of their goals, and to educate the community about serious mental illness.

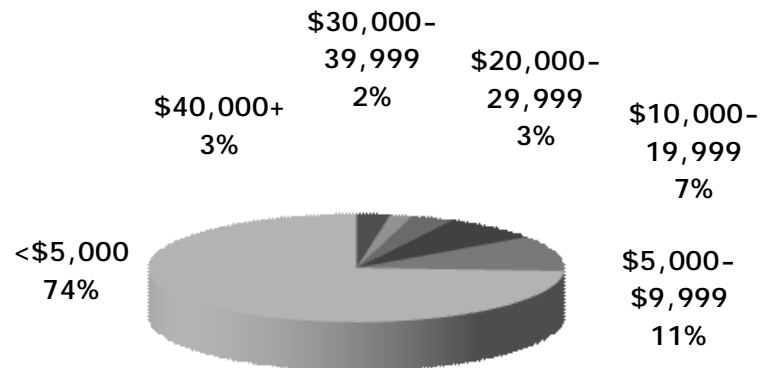
# Our Clients

This past year 5,797 clients were served in our outpatient and residential clinical programs. The majority of these individuals meet the federal poverty guidelines. Peak's sliding fee scale assisted 97% of the individuals needing treatment by providing low cost services.

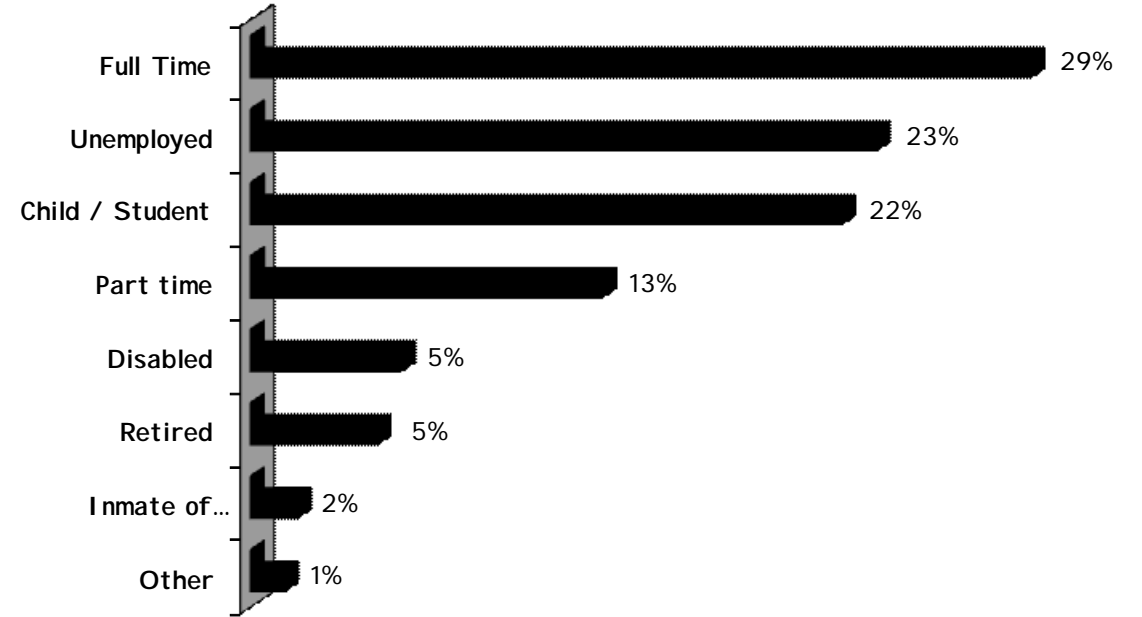
## Client Served by Age Group



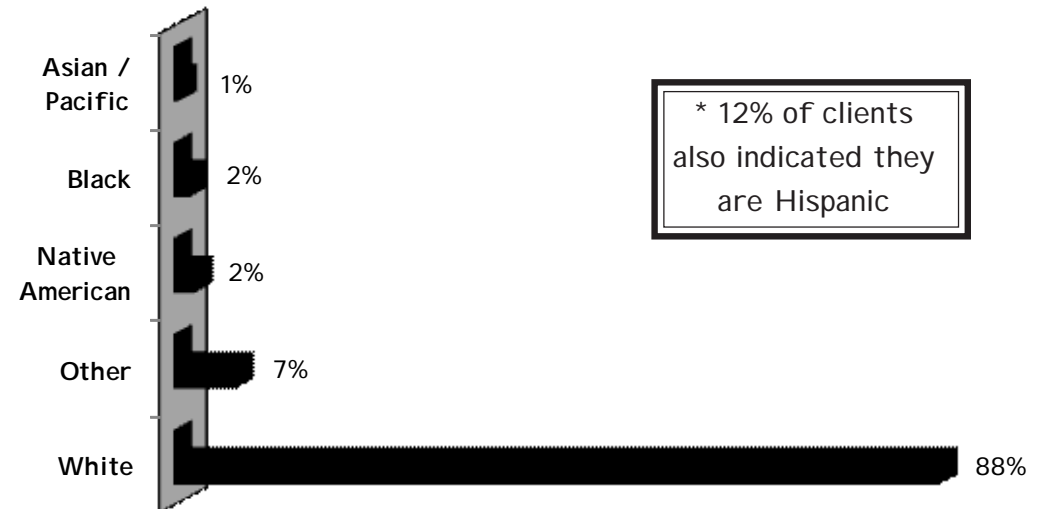
## Client Income



# Client Employment Status



# Ethnicity



\* 12% of clients also indicated they are Hispanic