

# Annual Report 2022/23

## Centennial Area Health Education Center's MISSION

***To positively impact health outcomes  
in Northeast Colorado by connecting existing  
and future health professionals  
and communities with resources and education.***

Post-COVID, Centennial AHEC has had the opportunity to work with our schools and healthcare partners to reinvigorate and grow many of our programs and develop new initiatives - all of which are highlighted in this annual report.

Our small (and mighty!) team was particularly successful in garnering grant, sponsorship, and much community support for our new mental health project, *Be Mindful, It Matters* - a traveling interactive educational exhibit launching at Aims Community College Fall 2023.

In the coming year, we will also be cultivating a new program - the Compassionate Care dementia curriculum for medical students and professionals in partnership with Dementia Together and we'll end the year at our annual Nurse Educators Conference in the Rockies with the theme *Riding the Waves of Change*.

We are thankful for our staff and the board members who remain committed to our mission and vision. It's going to be another busy year but our amazing staff is always up to the challenge and our communities will reap the benefits of our efforts.



*Brenda Tousley*

Brenda Tousley  
Board President



*Melissa Jensen*

Melissa Jensen  
Executive Director

## **BOARD OF DIRECTORS**

### **PRESIDENT**

**Brenda Tousley**  
DNP, CNS, ACCNS-AG,  
AGCNS-BC, CCRN, CLNC, RN

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**MSN, MBA, CFRN, CCRN-N,  
CEN**

**Mark Johnson, BS, EMT-P**

**Brian Lewton**

**Shauna Richardson**

## **STAFF**

**Melissa Jensen, BS**  
**Executive Director**

**Erika Greenberg MSN, RN,**  
**Health Educator, Regional**  
**Health Connector**

**Kori Walsh**  
**Regional Health Connector**

**Samantha Vernon**  
**Programs Assistant**

**Jeremy Kilpatrick**  
**Community Liaison**

# Community Projects

**Harm Reduction/Narcan:**  
**30 trainings**  
**730 trainees**  
**1592 Narcan kits**

**Promoting Health Equity for Individuals with Intellectual and Developmental Disabilities (IDD)**



**[Click to access training materials](#)**

CAHEC staff, Samantha Vernon, partnered with Envision in a project to develop an asynchronous training to improve health provider knowledge and confidence working with people with IDD

Thanks to a generous grant from The Weld Trust, we were able to design and build a traveling interactive mental health educational exhibit.



**A Collaborative, Community-driven Mental Health Educational Exhibit**



## Photovoices

**Colorado School of Public Health at UNC, Rock Found, Envision, Veteran Suicide Awareness & Prevention & United Way**

Participants took and share pictures of what mental health means to them.

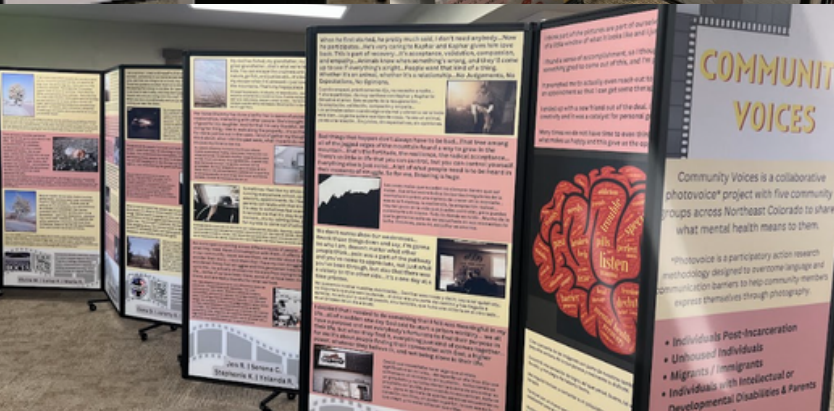
## Video Interviews

**Frontier House, UNC Psychology Students, & AIMS Video Production Students**

Participants share their lived experience with various mental health diagnoses.

## Youth Art Contest

Participants submitted negative and positive aspects of mental health through art. Winner was 7th grader Kinsleigh Vallee whose art is featured on the exhibit's worry shredder.





# Student Pathway Programs

**372 students at Get into the Guts  
(Larimer & Weld)**

**29 students at HOPE Program  
12 students at HOPE Institute**

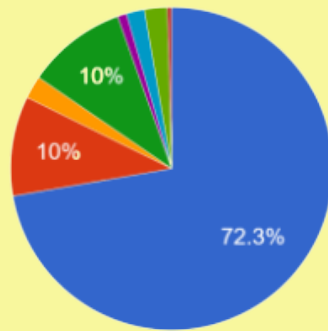
**20 students at AiC Brain class  
(Burlington, Yuma, & Wray)**

**3 students completed AHEC Scholars**





**319**  
ATTENDEES

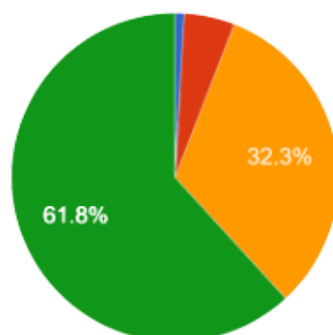


- Academic Education
- Academic Administration
- Clinical Practice
- Clinical Education
- Clinical Administration
- Student Undergraduate
- Student Graduate
- Student Doctorate
- Retired

*This was my first time attending Nurse Educator Conference in the Rockies. It is one of the best nurse educator conferences I have attended. The selection of sessions was excellent and it was hard to choose only one for each time slot. The conference was well organized and the staff was so helpful. Good selection of vendors. The cost is affordable compared to other conferences. I will definitely be back!*

*As an acute care chief nurse, this conference was a beneficial way of bridging the gap between my hospital and the students who do their clinicals and the new grads we hire with the experienced staff who serve as preceptors.*

Please rate the conference on the basis of relevance to practice



- Needs Improvement
- Average
- Good
- Amazing



**THANK  
YOU  
STUDENT  
HOSTS!**

**You're helping us  
cultivate the future  
healthcare  
workforce!**

**Dozens of generous  
student hosts  
provided **230** medical  
students with **5,509**  
nights of housing  
during their clinical  
rotations**

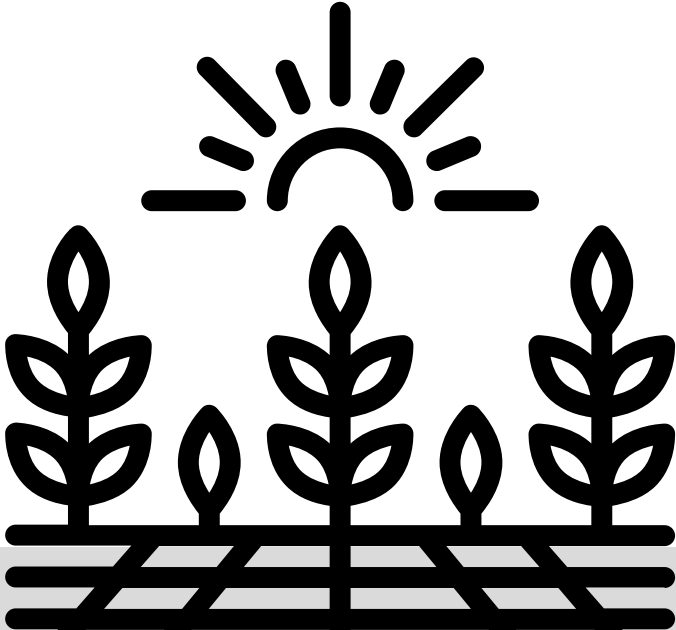
*"After long days at the clinic, I felt right at home coming back to my host home. My living quarters had everything I could want: a kitchen, personal bathroom with a shower, and reliable Wi-Fi to complete my assignments. My hosts were gracious in showing me around their land and making themselves available for my needs. What I'll miss most of all are my walks at dusk with their loyal dog Bailey to watch the baby calves run circles through the prairie."*

*Spencer Williams*

**[www.cahec.org/host-a-student](http://www.cahec.org/host-a-student)**

# THE BOTTOM LINE

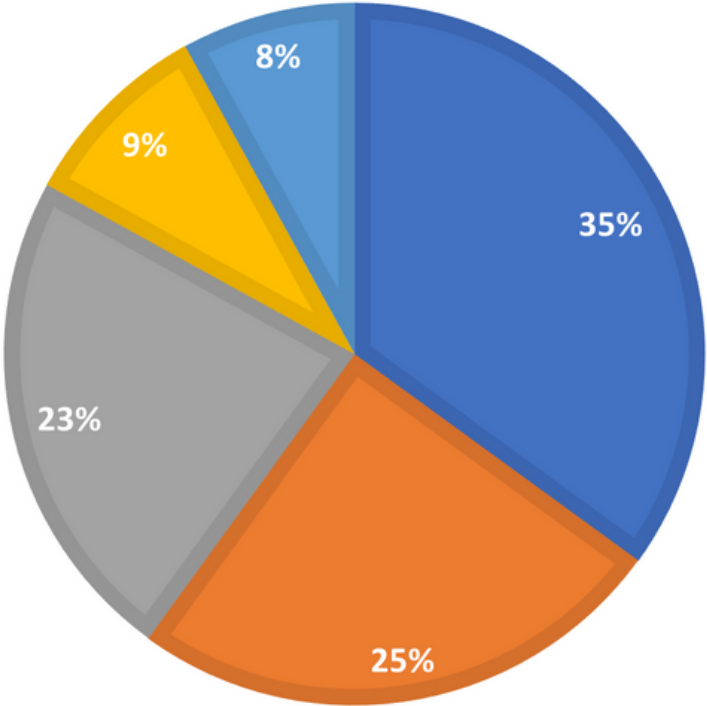
With the majority of our funding received from an annual contract through the Health Resources and Services Administration (HRSA) via our partnership with CU Anschutz and another from The Trailhead Institute, and low facility costs due to the generosity of our partners at North Range Behavioral Health we were able to maintain our financial stability.



■ Grants ■ NEC ■ Housing ■ Program Sponsors ■ Investment Income


**Revenue**  
**\$826,377**

**Expenses**  
**\$764,301**



# BUILDING HEALTHIER COMMUNITIES...TOGETHER

We could not accomplish our various mission objectives and goals without the help of our valuable and forward-thinking partners!

 University of Colorado Anschutz Medical Campus

