

# Consumer and Family Involvement

**So you want to get more involved? Below are some opportunities that are available through BHI for consumers and family members to participate, learn more, and become empowered!**

## Consumer Advisory Board

The BHI Consumer Advisory Board (CAB) is a group of BHI consumers and family members that meet monthly. If you receive mental health services in the BHI area or have a family member that does, you are welcome to attend CAB.

CAB's activities include:

- Giving BHI advice on various decisions such as issues related to how BHI provides services
- Sharing information on issues important to the mental health community
- Planning events for consumers and family members such as consumer dances, parties and our annual awards dinner
- Provides scholarships to consumers and family members to attend mental health educational events

CAB Meetings are held the third Thursday of every month at 11:30. Meeting locations change so that we can be sure that people from various parts of the BHI area can attend the meeting. Meetings include a free lunch. You do not need to be appointed as a formal member to meaningfully participate in CAB. All attendees of a particular meeting, except for BHI staff, vote on issues and proposals presented to CAB.

Want more information about the BHI Consumer Advisory Board?

- Call (720) 490-4409 to learn about where our next meeting will be held.
- Call (720) 490-4401 or [click here](#) to get on the CAB mailing list. Please include name and full address

## Visit one of our Drop In Centers or Clubhouse

- Community Connections in Aurora at 10004 E. Colfax Ave.

Call us at 303-739-9631. Click [here](#) for more information

- Rainbow Center in Thornton at 2140 East 88th Avenue.

Call us at 303-287-2902. Click [here](#) for more information

- Friends Helping Friends in Littleton at 6509 S. Santa Fe Drive

Call us at 303-941-4924. Click [here](#) for more information

- S.t.a.r. Reach Clubhouse in Littleton at 2531 West Church Ave

Call us at 303-798-9640.

Go to [www.starreachclubhouse.com](http://www.starreachclubhouse.com) for more information

## Become a Peer Specialist

If you are a person who has received mental health services and you feel like you have a lot to share with other people in the same situation, you may want to attend one of our peer specialist trainings. Call us at (303) 739-2557 or Click [here](#) for more information. Or go to [www.peertraining.com](http://www.peertraining.com).

## BHI Consumer and Family Newsletter

BHI is always looking for submissions from consumers and family members for our Consumer and Family Newsletter. If you have a personal success story, resource, information or experience that you think other consumers and families would benefit from learning about, please let us know. You can submit a completed article or work with someone at BHI to get a story written. The best articles are those that may help, inspire or inform other consumers and family members. Articles are accepted on an ongoing basis. To get on our mailing list please [click here](#). For more information please call (720) 490-4401. Or submit your article via mail, fax, or e-mail to:

**Behavioral HealthCare, Inc (BHI)**

**Attn: Consumer Newsletter**

**155 Inverness Drive West**

**Suite 201**

**Englewood, CO 80112**

**Fax: (720) 490-4395**

**e-mail: [bhiinfo@bhiinc.org](mailto:bhiinfo@bhiinc.org)**