The Mountain Center believes wilderness, adventure, and personal discovery are powerful healers. We use these tools to help people overcome self-limiting beliefs and rediscover their potential.
Welcome Letter

In periods of hardship, everyone needs a reminder they are strong enough, brave enough, worthy enough to break through. At The Mountain Center, our work is dedicated to showing people just that. We work to help people cultivate their inner strength using the healing power of nature, adventure, and personal discovery.

As for The Mountain Center, it has been a year of discovery and breakthrough. In our nearly 40 years as an educational and therapeutic organization, we've made major strides. This year we are excited to announce that we were accepted as a new member of the Outdoor Behavioral Healthcare Council and newly accredited by the Outdoor Behavioral Healthcare (OBH) standards under the Association of Experiential Education (AEE) accreditation which sets ethical, risk management, and treatment standards for adventure therapy and wilderness programming. We are the first program to be accredited by AEE to hold both Adventure and OBH Accreditation.

After a 13-year career with this organization, I was honored to become Executive Director during this time of growth. This annual report shows the impact our programs have made across communities that need us most, as well as improvement and expansion of our evidence-based practices. We have also updated our name from the Santa Fe Mountain Center to The Mountain Center and created a new website to better share our story and communicate our mission.

We couldn't have done this without the ongoing support of our dedicated staff, partners, funders, and community members. I am deeply grateful for your partnership and hope. As you flip through the pages of this report, you'll see how your support has helped make The Mountain Center an invaluable changemaker in healing and empowering our community.

In partnership,

Juan Antonio (Tony) Dixon
Executive Director
Our Impact

THERAPEUTIC ADVENTURE PROGRAMS
Emergence - Adventures in Recovery - Courage to Risk - Adventures in Caring Community - Adventure OUT! - Youth Resiliency Program

IMPACT ON RESILIENCY
Therapeutic Adventure Programs showed statistically significant improvement across every measure of resilience in both adult and youth programs.

Pre and Post Mean Scores for Resilience Sub-Scales Across All Respondents

*Statistically significant increases in mean global resilience sub-scale scores (p<0.05)

Total program hours: 19,590

Total clients served: 6,159
IMPACT IN THE COMMUNITY

The Mountain Center works with clients from seven types of referral agencies: the County and State Detention Centers, in-patient hospitalization, residential treatment centers, transitional living programs, shelters, teen court, and tribe/pueblo programs. We also work with schools, survivors of violence, and other vulnerable populations.

Clients referred from these agencies showed impressive improvement in resilience, especially significant in transitional living, teen court, and tribe/pueblo groups.

Pre and Post Overall Mean Resilience Scores by Referral Source

<table>
<thead>
<tr>
<th>Referral Source</th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>County Detention Center</td>
<td>63.12</td>
<td>66.04</td>
</tr>
<tr>
<td>CYFD Commitment (Incarcerated)</td>
<td>61.83</td>
<td>64.17</td>
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<tr>
<td>CYFD Juvenile Justice Probation or Parole</td>
<td>57.33</td>
<td>60.56</td>
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<tr>
<td>In-Patient Hospitalization or RTC Residential Treatment Centers</td>
<td>58.02</td>
<td>61.73</td>
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<tr>
<td>Shelter Home or Transitional Living</td>
<td>54.93</td>
<td>60.21</td>
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<tr>
<td>Teen Court</td>
<td>54.00</td>
<td>61.17</td>
</tr>
<tr>
<td>Tribe/Pueblo Program</td>
<td>60.36</td>
<td>63.62</td>
</tr>
</tbody>
</table>

**HARM REDUCTION**
- 1.5 million syringes exchanged during
- 6,995 individual encounters
- 1,772 naloxone kits provided to
- 1,578 people
- 733 successful overdose reversals

**HEALTHY TRANSITIONS**
- 2451 service hours
- 74 youths participated in weekly core youth groups
- 328 youths served

**GENDER AND SEXUALITIES ALLIANCE NETWORK**
- 845 service hours
- 156 service days
- Increased number of Gender and Sexuality Alliance clubs in New Mexico from 66 to 78

**COUNSELING SERVICES**
- 280 intensive outpatient service days
- 522 intensive outpatient group service days
- 1637 total clinical client service days
EMERGENCE

The Emergence Program is dedicated to healing the wounds caused by colonization and racism. Created in 1993 to reclaim experiential education as a tool for developing self-confidence and leadership skills among Native people, it is uniquely composed of Native staff working in Native communities. Emergence offers experiential, adventure-based programming for young leaders, communities, and at-risk youth and adults across all 19 pueblos and two tribal nations in New Mexico.

This year we facilitated 118 programs across the state. Our work in Native American communities has grown thanks to programs piloted by a key staff member, Marquel Musgrave (Nanbe Towa), who incorporates Tewa language in connecting to nature, experiential education, and culturally relevant therapeutic adventure activities. Our program added new outreach and community engagement efforts thanks to the support of Meow Wolf and the Santa Fe Community Foundation.

COURAGE TO RISK

Courage to Risk serves survivors of violence and crime. Thanks to the New Mexico Crime Victim Reparation Committee grant, Courage to Risk supported advocacy and trauma-sensitive care trainings and offerings to other practitioners in New Mexico as well as nationally and internationally.

This year our trauma-sensitive yoga and self-care adventure class at the local family shelter was a highlight. One woman told us that after trying the climbing wall she’d never known she could be so strong and courageous. Trainings were positively received at numerous national and international events including the Wilderness Therapy Symposium, Association of Experiential Education Conference, and International Adventure Therapy Conference. More than 100 new clients were served over 50 program days.
ADVENTURE OUT!
Adventure OUT! promotes adventure, health, wellness, and community among gay, bisexual, and transgender individuals in New Mexico. Because gay, bisexual, and queer men and transgender individuals are at higher risk for contracting HIV and Hepatitis C, we offer a new and unique opportunity to integrate HIV prevention with experiential education. Three years of evaluative data show positive increases in knowledge, attitude, and behaviors among our participants.

This year our program was able to work collaboratively with the NM GSA Network to engage 27 gay, queer, and transgender youth in our program prior to their first sexual encounter thus reducing risk of HIV and Hepatitis C prior to potential exposure. Overall, there were 89 clients served, eight programs and events, 19 service days, and 200 service hours completed.

ADVENTURES IN RECOVERY
Adventures in Recovery is a free open-enrollment program that focuses on maintenance in recovery through connecting with ourselves, each other, and nature through adventure. Adventures in Recovery was created in 2015 to help mitigate the consequences of alcohol and drug use and relapse in New Mexico communities. Clients connected to the unique natural landscape of the badlands during solo time and reflected on what shaped them in their lives and recovery, just as elements had shaped the land around them.

This year AIR served 17 clients during four programs. Clients that attended AIR programs hiked at Nambe Badlands, Tent Rocks, and Nambe Falls, and rock climbed at Las Conchas in the Jemez Mountains.

ACC is The Mountain Center’s experiential bullying prevention program. According to the results of a nationwide survey funded by the National Institute of Child Health and Human Development, bullying affects nearly one out of every three U.S. children in grades six to 10. ACC works to create a caring community by increasing social engagement and empathy, teaching bullying intervention skills, and decreasing stress and anxiety through evidence-based practice. This year ACC served 15 clients during seven programs at the San Ildefonso Day School.
SIBLING CONNECTIONS

Sibling Connections, a partnership program with CYFD Children’s Behavioral Health and Child Protective Services, brings siblings who live in separate foster homes together on The Mountain Center campus for a day of connection, play, and adventure. Sibling relationships help children achieve developmental milestones as well as provide emotional support, companionship, and comfort in times of change. When children are separated from their siblings, research indicates that a number of children feel “they have lost a part of themselves,” which compounds the anxiety and pain they feel over separation from their parents and transition to a new home.

This year Sibling Connections served 26 clients over three programs. Participants reported 83 percent were able to practice communication skills with their sibling and 100 percent reported being able to positively support their sibling.

HARM REDUCTION PROGRAM

Since 2005 the Harm Reduction program has been providing syringe exchange and related services such as naloxone distribution, HIV/HCV testing, and food distribution in rural northern Santa Fe and Rio Arriba counties. These areas are isolated and difficult to serve, with high rates of substance use and socioeconomic disparities. Our Harm Reduction program has grown to be one of the largest syringe exchange and Naloxone providers in New Mexico, and one of the largest programs of its type in the United States.

This year we are successfully addressing the issues of stigma and lack of services by expanding our mobile exchange program. We were better able to reach our most rural clients through the addition of seven new communities in northern Rio Arriba county. Additionally, we have brought together multiple providers of different services built around our harm reduction efforts at our fixed site in Espanola. In total we exchanged 1,5 million syringes during 6,995 individual encounters, and distributed 1,772 naloxone kits to 1,578 people, resulting in 733 successful overdose reversals.

“We appreciate what you guys do so much. You have no idea how much good you are doing for the community...how many lives have been saved.”
COUNSELING SERVICES PROGRAM

The Mountain Center’s Counseling Services Program specializes in experiential adventure and nature-based therapy, along with traditional client-centered talk therapy to support behavioral health and wellness needs for adolescents, young adults, and families. This includes regular and intensive outpatient programming, adolescent drug and alcohol treatment, as well as experiential adventure therapy for families.

This year Counseling Services increased the number of mental health counselors present on Therapeutic Adventure Programs as well as adjunct group adventure therapy programs with partnering organizations.

“[Counseling Services] helped me a lot. I didn’t think I was going to like it, but it’s not bad. It’s nice being around peers to support you.”
GENDER AND SEXUALITIES ALLIANCE NETWORK (NMGSAN)

The NMGSAN Network serves and empowers LGBTQ+ and allied youth ages 13 to 24, to create safer, more inclusive and welcoming schools while also building stronger, more resilient young leaders and activists. LGBTQ+ youth in New Mexico are at increased risk for suicidal ideation, substance use initiation, housing instability, and various types of violence. This youth-driven, youth-led program seeks to prevent bullying, suicide and problematic substance use, and build resiliency, positive identity, self-efficacy, and mental health through peer training, peer support, and leadership development.

This year the program provided direct service to a total of 2,036 community members through 19 trainings and presentations as well as 11 programs and events.

HEALTHY TRANSITIONS

Healthy Transitions improves access to treatment and support services for youth and young adults that have or are at risk of developing serious mental health conditions, substance use disorders, or are at high risk for suicide. Serving 16 to 26 year-olds in Santa Fe and Española, Healthy Transitions helps disconnected youth who don’t have access to social and community supports such as school, jobs, or stable housing.

This year the Santa Fe Youth Outreach Workers were able to aid clients who were transitioning out of unstable housing into transitional living programs find furniture, food, clothes, and work. Española hosted a Job Fair for Española Valley High School that informed over 300 youths about scholarships, assistance programs, free educational resources, volunteer opportunities, paid internships, and job opportunities in their community.
## Financials

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<thead>
<tr>
<th>Program</th>
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<td>CYFD- Children’s Behavioral Health Department</td>
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<td>CYFD- Juvenile Justice Department</td>
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<td>Department of Health- Adventure Out Program</td>
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<td>Department of Health- Harm Reduction Program</td>
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<td>Behavioral Health Services Division- Activity Therapy Program</td>
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<td>Rio Arriba County Investment Zone</td>
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<td>Bernalillo County Youth Services Commission</td>
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<td>CYFD- Healthy Transitions</td>
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<td>VOCA</td>
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<td>Santa Fe County</td>
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<td><strong>Total State and Federal Funding</strong></td>
<td><strong>$1,589,694.00</strong></td>
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<td><strong>Other Funding Sources</strong></td>
<td><strong>$350,637.00</strong></td>
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LEADERSHIP $10,000+
- Lineberry Foundation
- Doris Goodwin Walbridge Foundation
- Santa Fe Community Foundation
- Triangle Community Foundation

SUMMIT $5,000+
- Comer Family Foundation
- Thornburg Foundation
- Melville Hankins Foundation

CLIMBER $2,500+
- Owen Perillo
- Cindie and Roger Gullickson
- Dotti Graviet

BACKCOUNTRY GUIDE $1,000+
- Meow Wolf
- Avalon Trust
- Duncan McBranch
- Michael Gass
- Paula Riley
- Margaret Thompson
- United Court of the Sandias

BELAYER $500+
- Houston Jewish Community Foundation
- Stacey Goodwin
- Church of Holy Faith

TREKKER $250+
- Julie Berman
- Nancy Lewis
- On Your Feet
- Abeles Foundation
- Steven Harris
- Allen Sanborn
- Linda Spingler
- Michele Williams
CARABINER $100+
Thomas Hull
Jessica Kruse
Ben and Nicky Perillo
Rock Paper Scissor Salon
C.S. Wright
Seth Fullerton
Joel & Beth Scott
Youth Matters Foundation
Jacob Block
Betsy Dalgliesh
Eleanor Edelstein
Harold Field
Timothy Goodwin
David & Carol Laposata
Allen & Geraldine Macomber
Robert McCormick
Julie McCoy
Robert Monaghan
James Ragen
Reese and Anne Fullerton

FRIENDS $99 OR LESS
Santa Fe Community Yoga Center
April Adams
Kristi Carlson
Rebecca Cook
Sheila Costello
Carla Cross
Leslie Davidson
Suzy Eskridge
Marlene Frank
Diane Therese Garciapiro
Caroline Huggins
Brianna Kirkland
Sheila Lewis
Signe Lindell
Laura Monroe
Michael Multari
Jennifer Parks
Randa Phillips
Kelsey Reese
Adrienne Robison
Nancy Schwanfelder
Tracey Smarch
Hima Smelser
Suhada Thanikkatt
Tammy Voisine
Alan Webber
Matt Ross
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Linda Bartucca
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Eric Glarborg
Ann Gomez
Philip Gudwin
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Jodi Aeling
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Johnna Marlow
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Shelby Sheffield
Michelle Laflamme-Childs
Mr. Christopher Calvert
Susan Pratt
Rachel Therese
Donald Macintyre
Program Partners

NEW MEXICO DEPARTMENT OF HEALTH

HUMAN SERVICES DEPARTMENT

cyfd New Mexico Children, Youth & Families Department

CVRC NEW MEXICO

Accreditation

OBH Accreditation

Association for Experiential Education Accreditation

All photos courtesy of Gabriella Marks Photography
NATURE HEALS, ADVENTURE IGNITES

We are dedicated to transforming lives and strengthening communities. We promote personal discovery and social change through behavioral health and wellness, and innovative learning experiences in wilderness, community and cultural environments.