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

I’d like to begin by acknowledging and thanking the land on which the Mountain Center resides which is at the heart of Tewa territory. We also acknowledge and thank the Tewa people, who have and are tending this essential relationship with the land, and to all the custodians past, present, and emerging.

Four Decades of Resilience
We have come a long way since 1979, when the Mountain Center was predominantly a wilderness therapy program. Today, the MC is a community-based program which still holds deeply the value of Nature being a healer, teacher and indispensable part of ourselves.

This year, the Mountain Center celebrates 40 years of creating safe, brave spaces for youth and adults to explore who they are, and empowering individuals and communities in overcoming adversity. During the last four decades, the Mountain Center has been a symbol of stability in New Mexico and our vision is to continue to do so for the years to come. We are grateful for all the staff, community partners, and clients that have made us who we are today.

In fiscal year 2019, we were able to secure Capital Outlay funds to build more offices in our Urban Adventure and Training Center located in Santa Fe to support capacity in our Counseling Services Program as well as a 40-foot yurt to support programs at our Tesuque facility. This support, backed by state senators and representatives, will help grow and support youth and adults that we serve and further our mission of promoting wellness, personal discovery, and social change.

Looking Ahead
Our long-time partners at the New Mexico Department of Health continue to support our Harm Reduction Program by funding expansion of our syringe exchange services, confirmatory testing, and Naloxone distribution, education and navigation in Rio Arriba County.

Our Native American Emergence Program continues to grow and provide culturally relevant experiential education and adventure programming led by our Native staff team. We were particularly excited that we expanded our staff team and outreach impact with the help of a Meow Wolf grant, as well as our continued efforts to create a Reconciliation Action Plan for the organization.

Often during our programs, we ask our participants to acknowledge and thank each other for positivity and support. In a world full of negativity, taking the time to authentically and graciously recognize the positive in ourselves and each other has a profound effect. We invite you to take the time to praise the people in your life, and even better, take time to be with them outside: a hike, time in a park, a picnic. Appreciation, nature, and connection heals and strengthens us, and that is something we all need.

Flip through the following pages to learn more of our impact in fiscal year 2019, and celebrate with us our 40-year legacy of connection and healing.

In partnership,

Juan Antonio (Tony) Dixon
Executive Director
The Mountain Center works with clients from many different referral agencies, spreading our impactful programs across the community from detention centers and residential treatment, to teen court and local pueblos. We also work with schools, survivors of violence, and other vulnerable populations. Here is where we spent our client program hours in fiscal year 2019:

**YOUTH PROGRAMS**

Youth program client service days
- County Detention Centers: 561
- CYFD Juvenile Justice Commitment: 452
- CYFD Juvenile Justice Probation or Parole: 321
- Residential Treatment Centers: 1268
- Teen Court: 235
- Outpatient Mental Health: 59
- Schools: 161
- Transitional Living: 93
- Family Programs: 58
- Shelters: 170
- Tribe / Pueblo: 705
- Other: 182

**ADULT PROGRAMS**

Adult program client service days
- Adult Treatment Drug Court: 111
- Shelters: 8
- Transitional Living: 105
- Residential Treatment Centers: 1774
- Adventure Out!: 74
- Adventure In Recovery: 12
- Other: 60
“I have grown because of this experience, pushing myself beyond what I believed myself capable with everyone’s support. We set personal goals and achieved them.”

- Participant in the Coalition to Stop Violence Against Native Women

<table>
<thead>
<tr>
<th>HARM REDUCTION</th>
<th>GENDER AND SEXUALITIES ALLIANCE NETWORK</th>
<th>COUNSELING SERVICES</th>
<th>ADVENTURE OUT!</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.6 million syringes exchange</td>
<td>895 service hours</td>
<td>110 group adventure therapy days</td>
<td>369 service hours</td>
</tr>
<tr>
<td>5,844 encounters</td>
<td>10 events</td>
<td>79 adolescent substance use groups</td>
<td>98 clients</td>
</tr>
<tr>
<td>2,404 Naloxone kits distributed</td>
<td>51 trainings and presentations</td>
<td>369 individual and family sessions</td>
<td>11 events</td>
</tr>
<tr>
<td>655 successful overdose reversals</td>
<td>3,457 community members served</td>
<td></td>
<td>31 service days</td>
</tr>
</tbody>
</table>
White water activities are still a big part of the Mountain Center today.

A scene from the Wilderness Experience Program in Utah with a backdrop of the O’Henry Mountains. Pictured instructors: Dennis R. Jackson, Brian Drypolcher (top), Joline Francour (bottom).

Dr. Rocky Kimball, one of the founders of the Mountain Center.
Dennis R. Jackson, long-time wilderness trainer and instructor, climbing.

Wilderness Experience Program clients proudly display their graduation T-shirts upon completing a 15-day Big Bend trip. Pictured instructors: Darl Kolb (top left), Dennis Jackson (bottom far left), and Larry Glover (bottom far right).

Participants and staff pose in the Mountain Center basement, Tesuque NM. Bottom left: Dave Clark, long-time board member and supporter, and instructor Dennis Jackson.

Dan Lovato, an early and long-time instructor, on rappel.
Program Descriptions

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 increased the number of programs offered from 118 to 130 across the state. Additionally, the Emergence team wrote a Reconciliation Action Plan, an organic and ongoing organizational plan, to show how deeply we value and appreciate Native people, knowledge, culture and contribution to our communities, and that we are committed to engaging Native and non-Native people in a way that encourages healing and reconciliation.

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 we increased grants by more than 30 percent, and provided training for Mountain Center staff on trauma- and social justice-informed group dynamics with nationally-recognized leaders Denise Mitten, Christine Norton and Sandra Newes.
ADVENTURE OUT!

Adventure OUT! promotes adventure, health, wellness, and community among gay, bisexual, and transgender individuals in New Mexico. This unique prevention approach supports individuals to be their authentic selves, make healthy choices, and connect with the social support through substance-free events and outdoor adventure. Years of evaluative research show positive increases in knowledge, attitudes, and behaviors among Adventure OUT! participants.

This year our program built upon strong connections with the New Mexico Genders and Sexualities Alliance Network (NMGSAN) and the Transgender Resource Center of New Mexico, while offering innovative programming such as the Trans-Masculine Camp, Intergenerational Camp, Transgender Youth Camps, and many wilderness and front country events.

This year, Adventure OUT! engaged approximately 34 LGBTQ+ youth prior to their first sexual encounter, thus reducing their risk of contracting HIV or Hepatitis C prior to potential exposure by providing up-to-date, accurate, and personalized prevention education. Overall, we served 98 unduplicated clients (126 duplicated), facilitated 11 events, and completed 31 service days and 369 service hours.

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 3,457 community members through 51 trainings and presentations, 10 events, and 895 service hours.
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 27 clients over six programs, where clients hiked the Borrego/Bear Wallow trail and Nambe Falls, snowshoed at Aspen Vista, rock climbed at Las Conchas in the Jemez Mountains, participated on the high ropes course at the Mountain Center, and white water rafted on the Rio Grande.

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 6 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 12 clients on 14 programs from San Ildefonso Day School.
In our third year of receiving funds from Santa Fe County’s Youth Education and Recreation Program, The Mountain Center provided 10 single day wilderness programs and a three-day overnight camp for 44 clients. Funds from this grant assist The Mountain Center in reaching a wider breadth of youth not currently served in our existing Therapeutic Adventure Programs. Youth attending programs meet goals encompassing increased resiliency and healthy risk taking through wilderness activities such as rock climbing and winter camping.
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, Santa Fe programming included monthly cooking classes, outdoor adventures such as hiking and rafting, field trips to Meow Wolf and Comic Con, tending a community garden plot, and regular self-care workshops. Española youth were connected to jobs and educational resources, participated in two successful opioid awareness events, and hosted several community art shows including the annual Matanza at Northern New Mexico Community College. Overall, Health Transitions completed 3,043 service hours, and served 263 youth.

The Mountain Center’s Counseling Services Program specializes in experiential adventure and nature-based therapy in conjunction with traditional client-centered talk therapy to support behavioral health and wellness needs for children, adolescents, young adults, and families.

This year, Counseling Services completed 110 group adventure therapy days, facilitated 79 adolescent substance use groups, and 369 individual and family sessions.
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, the Harm Reduction Program maintained our mobile outreach services to the underserved communities of Rio Arriba and northern Santa Fe Counties while our office in the city of Espanola provided harm reduction and related services five days per week. In FY19, the program exchanged 1.6 million syringes during 5,844 encounters with 1,527 unique individuals. Our syringe dropbox and community outreach efforts collected over 40,000 syringes. In addition, we provided 2,404 naloxone kits during 2,233 trainings and encounters with 1,578 people, who, in turn, reported 655 successful overdose reversals.

“I have been off of drugs now for six months. My little sister overdosed the other day and I had Narcan and knew exactly what to do to save her. I am in college now, and made the Dean’s List. I got tested and do not have hepatitis C or HIV. This is all thanks to you guys.”
## Financials

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<th>Program</th>
<th>Funding</th>
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<tr>
<td>Children Youth and Families - Therapeutic Adventure Program</td>
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<td>NM Department of Health - Therapeutic Adventure Program</td>
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<td>NM Department of Health - Adventure Out Program</td>
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<td>NM Department of Health - Harm Reduction Program</td>
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<td>NM Behavioral Health Services Division - Therapeutic Adventure 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>Healthy Transitions</td>
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<td>Victims of Crime Act (VOCA)</td>
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<td>Total State and Federal Funding</td>
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<td>Other Funding Sources</td>
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### In-kind Services

Total donation: $36,770

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<th>Service</th>
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<td>Adult Therapeutic Adventure Programs</td>
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<tr>
<td>Youth Therapeutic Adventure Programs</td>
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<tr>
<td>Youth and Adult Counseling Services</td>
<td>115</td>
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*Hours*
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Dotti Graviet, Treasurer

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LEADERSHIP $10,000+
The Olson Family Fund
Triangle Community Foundation
Doris Goodwin Walbridge Foundation
New Mexico Children’s Foundation
Melville Hankins Foundation
Meow Wolf

SUMMIT $5,000+
Thornburg Foundation
William Ellis

CLIMBER $2,500+
Gullickson Family Fund
Owen Perillo

BACKCOUNTRY GUIDE $1000+
Houston Jewish Community Foundation
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BELAYER $500+
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Accreditation

OBH Accreditation

Association for Experiential Education Accreditation
Program Partners
NATURE HEALS, ADVENTURE IGNITES
Our mission is to promote wellness, personal discovery and social change through innovative learning experiences in wilderness, community and cultural environments.