



AllHealth
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A Message from the CEO

As the new Chief Executive Officer of AllHealth Network, I would like to say thank you for the warm welcome to Colorado. It is already apparent to me that the people in this forward-thinking state are committed to improving the health of everyone through access to high-quality mental health and addiction services.

I am excited to join the healthcare community in the development of quality services and productive partnerships. It is inspiring to see how AllHealth Network and other providers are working with schools, businesses, hospitals and law enforcement to create healthier, more connected communities.

I am very pleased to be part of an organization so focused on health and well-being. As I look towards the mountains, I am reminded of the great challenges ahead of us during this uncertain time for healthcare, and I am optimistic that we can work together to achieve the very best.

-Dr. Bill Henricks, CEO AllHealth Network

A Captain Who Cares

Capt. Kevin Duffy, known to many as simply Kevin, is a celebrated partner of AllHealth Network. His reputation as an endearing and committed law enforcement officer from Douglas County precedes him and he's praised by AllHealth Network employees, community members and fellow members of the forensic community.



Kevin Duffy is from Lakewood, CO, a former high school football player whose athletic talent landed him a football scholarship at Colorado State University at Pueblo. He did as he thought he should do—took the scholarship and headed to school, yet at the beginning of his sophomore year, he decided it wasn't for him. During what he now refers to as "the week of decisions", he went for it all: quit football, quit college and married his high school sweetheart (they have been together 39 years).

Soon after, the Duffys had two children and new father Duffy looked carefully at what he wanted to do professionally that would be meaningful and provide support for his family. Duffy had dreamed of a career in law enforcement and following a chance meeting with an old friend, he enrolled at Arapahoe Community College, followed by the police academy.

Duffy's talent and skill in the academy led him to the city of Littleton where he joined their police force. It was an indication of how those in the community saw Duffy—a smart, competent police officer who could make a difference—and he was complimented, but saw his service in Douglas County. He landed in Castle Rock with the Douglas County Sheriff's Office and went to work as a patrol officer. After only a few short years, he was assigned as the first School Resource Officer (SRO) in Douglas County: this new role was groundbreaking for the school district. It was the type of assignment that required a skilled hand and insightful approach, which is exactly what Kevin Duffy offered and still does in his current role. [Read more...](#)

Mental Health Spring Cleaning

Happy Spring! As we begin a new season, here are some tips for freshening up your mental health:

- De-clutter your inbox and streamline your calendar to minimize stress and unnecessary distractions
- Look for beauty in the budding trees, blue skies, sounds and smells of spring
- Be aware of your body language. Make it a point to energize yourself by standing or sitting up straight and taking deep breaths--this will help tell your brain you are strong and full of energy
- Change your inner dialogue to reflect a more positive tone. Instead of thinking "I'll never be able to finish everything on my list," ask yourself, "What can I do to finish what is important today?"
- Take deep breaths to manage stress and boost energy. Try the 4-7-8 technique: breathe in for 4 seconds, hold for 7 seconds, and exhale for 8 seconds.

Do you have a great tip to stay healthy this spring? Hop over to our [Facebook](#) page and share your best spring cleaning advice using the hashtag #MindfulMarch



BUSINESS AWARDS

DENVER METRO CHAMBER OF COMMERCE

2017 **FINALIST**

Large Nonprofit
Organization of the Year

AllHealth Network Selected as Finalist for Large Nonprofit of the Year Award

AllHealth Network is honored to be recognized as a finalist for the Denver Metro Chamber of Commerce 2017 Large Nonprofit of the Year Award alongside many distinguished partners in the greater Denver area. Stay tuned--the winners will be announced on April 27.

To learn more, please [click here](#).



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Did you know?

We have a website full of resources, including information on what to expect during your first visit at AllHealth Network. Click the link to learn about our client-first services!

[What to Expect](#)

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