

*Impact*  
**REPORT**  
*2025*



**CB State of Mind**

*your mental wellness connection*

**cbstateofmind.org**

# ABOUT US

CB State of Mind is a grassroots organization that connects community members to resources, education, and free counseling scholarships to improve mental wellness, eliminate stigma, and lower the rate of suicide in the Gunnison Valley.

## FROM EXECUTIVE DIRECTOR

*Meghan Dougherty*

At CB State of Mind, our work has always been shaped by the community we serve. From the beginning, this organization has been built not just for the community, but with it. Thank you for showing up, sharing resources, and trusting us to be part of the mental health landscape in the Gunnison Valley. Our work exists because the community has held it.



What began six years ago as a small, grassroots effort has grown into a trusted source of support for hundreds of neighbors each year. In 2025 alone, CBSOM funded more than 1,500 therapy sessions—a 185% increase since our first year. More people are learning about us through friends, providers, employers, and community partners, and are choosing to reach out for support. While not every conversation or moment of connection appears in our data, each one reflects the real and lasting impact of this work.

As demand for accessible mental health care continues to grow, so does our shared responsibility to meet it with compassion and clarity. You are helping build a healthier community—one where people feel understood, supported, and able to seek help when they need it. We are grateful to do this work alongside you.

### STAFF

Bradley Santelli *Coordinator*

### BOARD OF DIRECTORS

Jodi Zatorski *Co-President*  
Elizabeth Smith *Co-President*  
Stevie Kremer *Vice President*  
Sarah Kramer *Secretary*  
Rusty Spinney *Treasurer*  
Tully Burton  
Sam Higby  
Ashley Jackson

With gratitude,

Meghan Dougherty, *Executive Director*

# WHO WE SERVE

Any Gunnison Valley resident in need is supported through:

- Free Community Connection Events promoting emotional health
- Mental Health Navigation and Therapy Scholarships increasing access
- Community Conversations and Events that reduce stigma and promote help seeking behavior
- A central hub for resources

## 2025 SCHOLARSHIPS + NAVIGATION SERVICES

**360**

Individuals navigated to other local supports and resources.

**144**

Scholarships issued.

**53**

Scholarship applicants diverted to other payment sources.

**1,526**

Therapy sessions paid for by the scholarship program.

## AVERAGE DEMOGRAPHIC



**40%** | **60%**  
Male | Female

Average Age



**37**



**\$40K**

average income of people who receive services.



**Common employment:** Service industry, small business, self-employed, construction

Interested in hosting a **COMMUNITY CONNECTION** event?

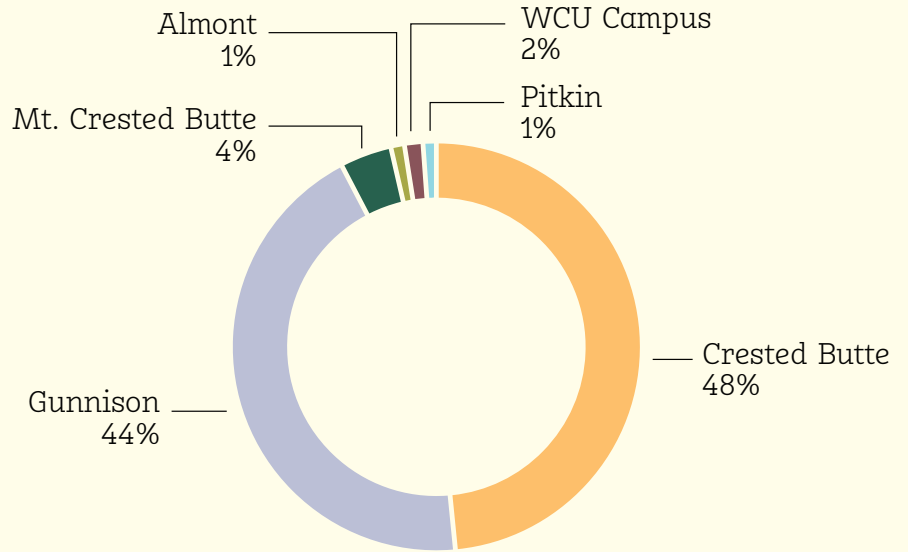
Email [mdougherty@cbstateofmind.org](mailto:mdougherty@cbstateofmind.org)



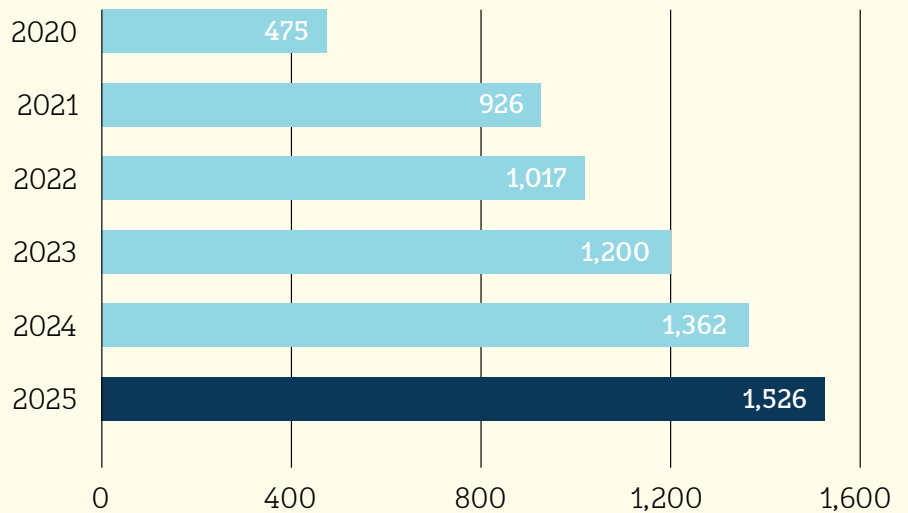
**Better. Together.**

# Scholarship **IMPACT**

**250% INCREASE IN THERAPY SCHOLARSHIP APPLICATIONS** since 2020



**185% INCREASE IN THERAPY SCHOLARSHIP SESSIONS** since 2020



## GRANTS

Rocky Mountain Health Foundation  
 Kats Amsterdam Charitable Trust  
 Town of Crested Butte  
 Behavioral Health Administration  
 City of Gunnison  
 Irwin Guides  
 Southwest Colorado Opioid  
 Regional Council

Community Foundation of the  
 Gunnison Valley  
 Town of Mt. Crested Butte  
 Town of Crested Butte  
 EpicPromise Foundation

# SAM'S story



## In 2010, Sam began to feel different.

He wasn't going through the usual ups and downs of the past. There was something more to it. "I'd drive to Snodgrass trailhead to ski, or get out for a hike, but I could never make it past the trailhead. I'd sit there for an hour and a half and then drive home and lie to my wife about doing something I used to find enjoyable." Sam soon learned he was suffering from clinical depression and the illness began to invade every aspect of his life. There was a lot of guilt, shame, and loss of self-esteem.

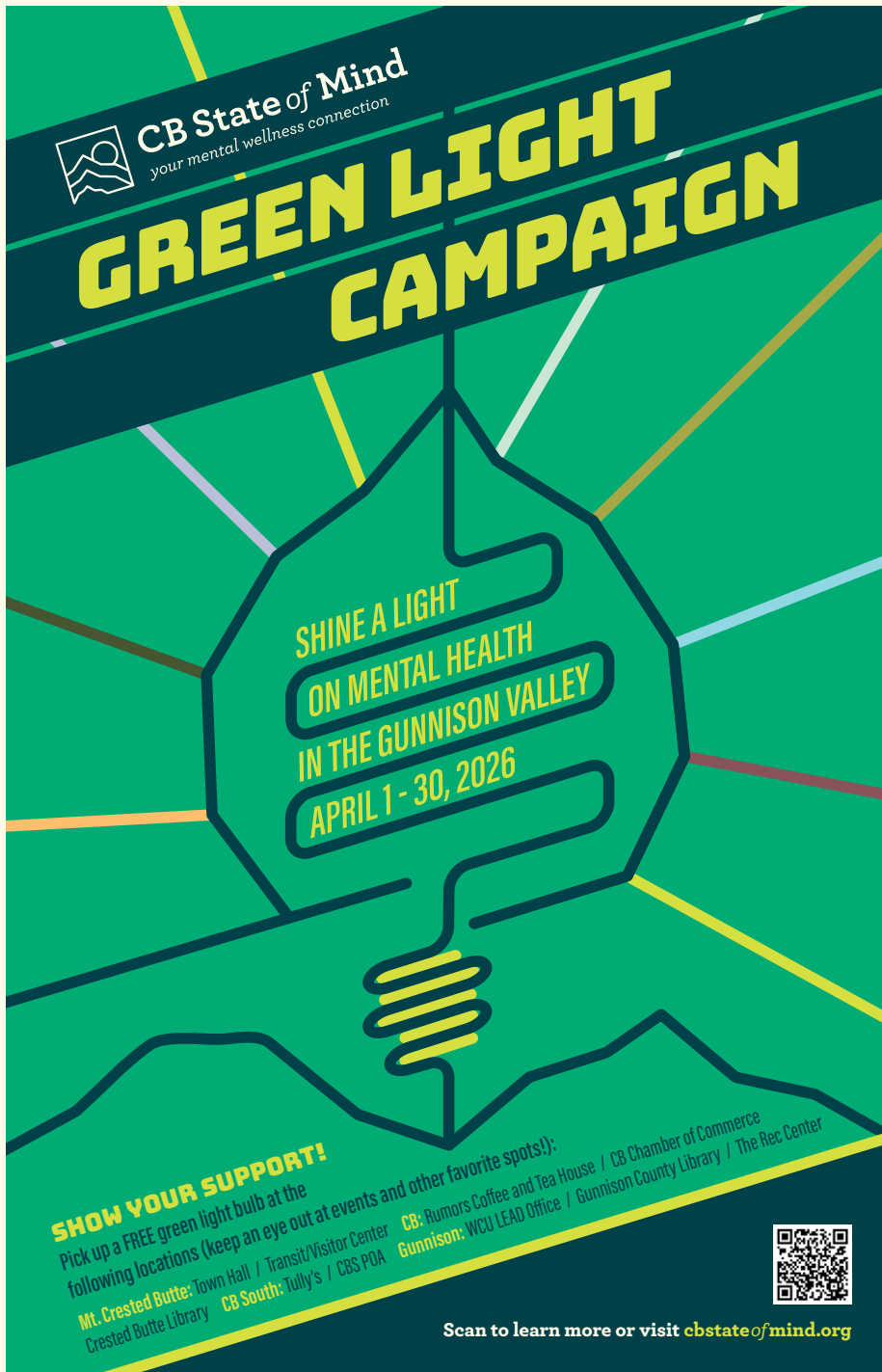
"I have an amazing family. I have an incredibly loving and supportive wife. I have two incredible children that are my life and joy. And yet, why can't I be happy?" But depression is a common mental health disorder that causes a persistent feeling of sadness and loss of pleasure or interest in activities. It can affect all aspects of life. "It could have been a bluebird day, and I still couldn't take that first step. It wasn't the elements around me. It was literally this darkness, depression, that had invaded me. And it just wouldn't allow me to see any sense of light or hope."

With the help of a friend, Sam was connected to CB State of Mind and began his journey towards healing. He received financial support toward counseling and was connected to the next phase of treatment, antidepressants and electroconvulsive therapy or ECT. And it made all the difference. "It's changed my life. I feel reborn this year. And it wouldn't have happened, without the impetus of CB State of Mind."

*I'm the luckiest guy on the planet, to be able to feel life again.*

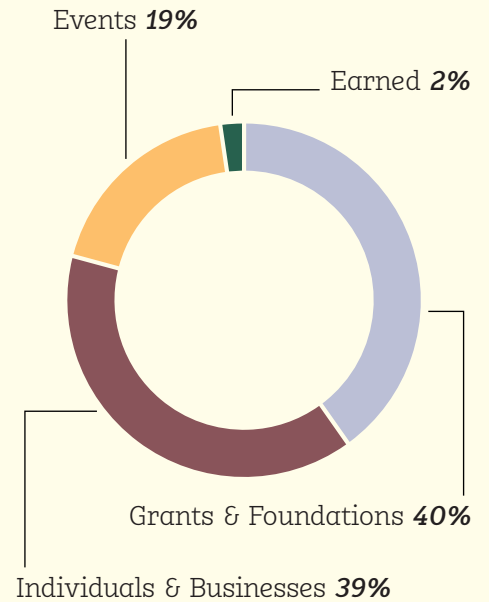
# Green Light CAMPAIGN

CB State of Mind hosted the 5th Annual Green Light Campaign and Gunnison Valley Mental Health Awareness Month. April 1- April 30th is a time for the community to come together, show support for mental health and reduce the stigma around seeking help. We want those in need to know it's okay to not be okay and that CB State of Mind and the local community are supportive of them.

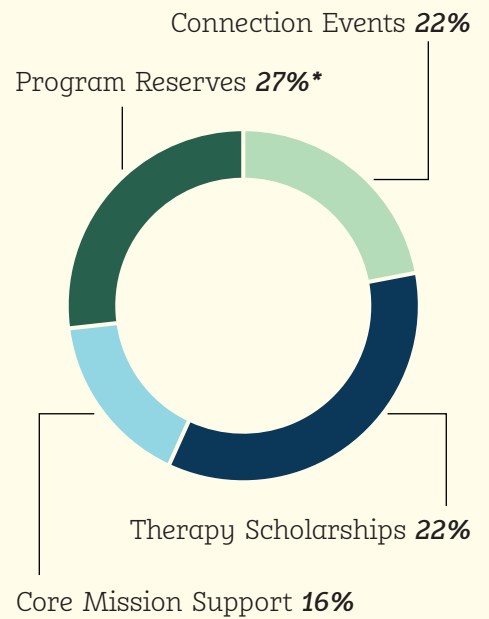


# FINANCES

## INCOME



## EXPENSES



\* Program reserves are future investments in therapy scholarship and stigma reduction

# Thank you **DONORS**

## \$10,000 +

Ahmed Elkady  
Joanie & Tom Atkinson 🍂  
Earl & Darielle Linehan 🍂  
Daryn Eudaly 🍂  
Pine Tree Foundation  
Michael & Perdita Linehan 🍂  
Robert & Ramon Davis

## \$5,000-\$9,999

Catherine Benson  
Kent Dunbar 🍂  
Friends of Rob Murray 🍂  
Bart & Eileen Dalton 🍂  
Anonymous  
Weslie Elliot & Lane Olsen  
Rusty Spinney

## \$2,500-\$4,999

Frank Burch  
Mallory Briggs  
Jennifer Eplett-Reilly  
Nick & Murrie Chirekos 🍂  
Kramer Family Charitable Fund  
James & Doris Brogan 🍂  
Rosalind & Hal Cook  
Charitable Fund at the Community  
Foundation of the Gunnison Valley  
Mary & Frank Mujica  
Smithworks Natural Homes  
Bart & Elizabeth Showalter 🍂  
Allison & Chris Petersen  
Sleds & Kegs  
Tim Johnson  
Jonny Jost  
Shondeck Financial Services  
Irvin Hess  
Sara Wynes  
Adam & Jodi Zatorski

## \$1,000-\$2,499

Margaret & Wylie Johnson  
Kristina Ratliff  
Tommy & LeAnn Pittenger  
Dea Family Foundation  
Mike Kelley  
Cheree Hamblen  
Scott & Elizabeth Sutton  
Matthew Archer  
Jim Watson  
Gunnison County Veteran Services  
ROMP Skis  
Jake Newell  
Mark Robbins  
Kobi & Margaret Platt &  
Dom & Emily Maciocia  
Drew Petersen  
Crested Butte Nordic  
Westfeather  
Andy Mill  
Tully's CB South  
Jeremy Saunders  
John Woodard  
Amri Dobbins  
Aline Haynes  
PJ Brown  
Don & Elizabeth Smith  
Center for the Arts  
Liberty Energy Services

## In-Kind

The Breadery  
Dave Carbonetti  
Coldwell Banker  
Crested Butte Mountain Resort  
The Dive  
Joe Garcia  
Andrew Hadley  
Harmels on the Taylor  
Kevin Hartigan  
Sean Hartigan  
Ashley Jackson  
Keitha Kostyk  
Matchstick Productions

## \$500-\$999

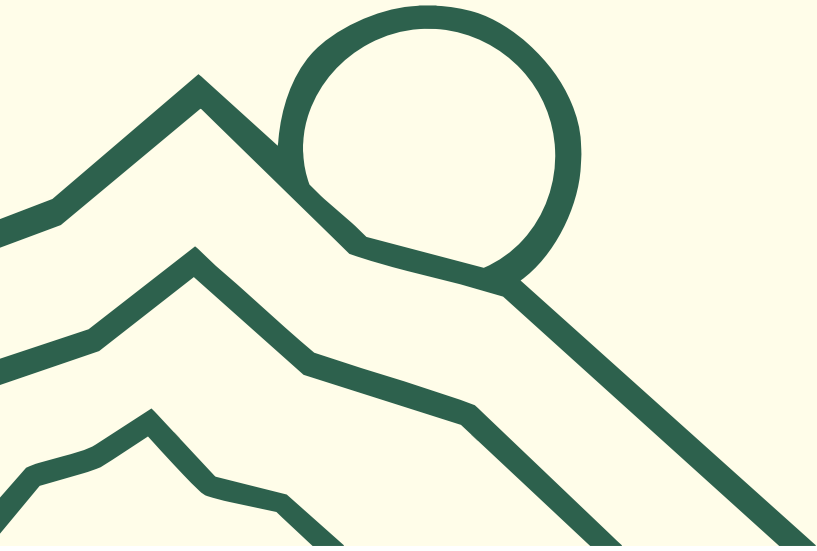
Ronda Connaway  
David Donnelly  
Crux Pilates  
Don Haver  
BlueBird Charitable Fund  
Kenneth Family Foundation  
Michael & Elizabeth Patterson  
Michael Sampliner  
Lauren Lange  
Lupine Design Studio  
Favor the Kind  
ID Studio CB  
Matt & Misti Davis  
Kirby Kuklenski  
SPARC by Tri-County Health Network  
Frederick & Leslie Bode  
Charles Scheeler & Mary Ellen Pease  
Diane Clark  
James Ulwick  
Irwin Guides  
Matchstick Productions  
Artisan Rug Gallery  
Campfire Ranch  
Gunnison Fly Fishing Outfitters  
Sawatch Steele  
Molly Eldridge  
Ashley MacLeod  
Kathryn Kissam  
Katy Ohara  
Jeffrey McVeigh

Mountain Jam  
The North Face  
Kobi & Margaret Platt  
The Public House  
Jeff Scott  
Eric Shull  
Matt Santor & Hannah Smith  
Tributary Coffee  
Theresa & Will Truettner  
Tully's CB South  
Scout Walton  
Adam & Jodi Zatorski  
Zuni Brewery West



**The Grove** is a dedicated circle of supporters who make a three year commitment of \$1,000 or more each year. Get in touch to learn more.

**You are not alone.**  
**We are here.**



**cbstate***of***mind.org**



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