

Jane Mountain MD

Speaker, Consultant, Author and Publisher

Expertise in depression, bipolar disorder, peer support groups, and employment for those with disability.

President, JF MTN SERVICES INC, dba Chapter One Press 1999–present

1569 Madison Street

Denver, Colorado 80206

DrJane@BeyondBipolar.com

303.329.3364

www.BeyondBipolar.com

SPEAKER

Keynotes, inservices, training and workshops

Topics—

- Depression and Bipolar Disorder in Adults and Children
- Recovery and Resiliency
- Support and Recovery Groups
- Resiliency in the Workplace
- Clinical Topics about Bipolar Disorder

List of clients available upon request

CONSULTANT

Gateway to Access Resources, Employment Network, consultant for clients with psychiatric and traumatic brain injury, 2010-present

Director of Our Savior's Lutheran Church Senior Center, Denver 2009-present

Support Groups Project of the Mental Health Association of Colorado 2005

Bipolar Think Tank Project, Behavioral HealthCare, Inc 2002

AUTHOR & PUBLISHER

Books

- *Bipolar Disorder—Insights for Recovery* (Chapter One Press 2008^{2nd}). Chosen by the Mental Health Association of Colorado as educational offering, 50th Anniversary Tribute Event 2003. Winner of the EVVY Award in the Psychology-Self Help category (Colorado Independent Publishers Association)
- *Beyond Bipolar—7 Steps to Wellness* (Chapter One Press 2008)
- Contracted Book, *Mental Health—It's About Time It's About You/Salud Mental—¡Ya era Hora! ¡Ya es para Usted!* (Mental Health Association of Colorado 2002)

Periodicals

- e-Newsletter: Beyond Bipolar (2006–present)

- Contributing editor
ISBD Global, newsletter of the International Society for Bipolar Disorders
2003–present

PHYSICIAN

Physician for MDSI, INC 1999–2002

Medical disability evaluations of pediatric and adult claimants applying for services of the Social Security Administration

Solo practice of Family Medicine, Denver 1992–1998

- Care of diverse patient population of all socioeconomic backgrounds
- Unusually varied medical challenges in patient care with an emphasis on diabetes, geriatrics, depression, anxiety, end-stage and grief counseling, and medical care for patients with psychiatric diagnoses
- Preparation of protocols for disease prevention and management of complex medical illnesses
- Care of hospitalized patients, including surgical assists and neonatal care
- Growth of the practice from one physician and part time provider with two support staff to two midlevel providers and eight support staff
- Supervision of physician assistant, nurse practitioner, and office staff
- Supervision of medical residents caring for hospitalized patients

Certifications

- Licensed, Active Practice of Medicine, State of Colorado, 29041
- Clinical Faculty in Family Practice University of Colorado Health Sciences Center 1993–2006
- Certified, American Board of Family Practice 1990, 1996
- Certified, American Board of Medical Examiners 1990

COMMUNITY
LEADER

Mental Health Advocacy

Founder and Director, DBSA Metro Denver (Depression and Bipolar Support Alliance (formerly Depression/Bipolar Recovery Group of Midtown Denver)
This organization presents a wellness focus for individuals with mood disorders, their family and friends. 2000–present.

Boards

- Chair of Call Committee, Our Savior's Lutheran Church, Denver . The charge of this committee was to assess the needs of the church, interview candidates and recommend a candidate to become the church's next pastor. 2008-2009
- Honorary Board of Directors, Mental Health Association of Colorado
2005–present
- Board of Directors, Mental Health Association of Colorado. Served on executive, education and public policy committees. 1995–2005

- Council of Messiah Community Church, ELCA 1999–2005
- Advisory Board Colorado Business Group on Health, Colorado Collaborative Clinical Guidelines for Depression 2001–2003
- Founding Chair, Mental Health Ombuds Program of Colorado 1998–2001

Cherry Creek Toastmasters 2002-present

Toastmasters is a worldwide organization that teaches and promotes communication and leadership skills

- Co-Membership Chair 2004-2005
- Competent Toastmaster (CMT) 2005
- Competent Leader (CL) 2006
- Advanced Toastmaster Bronze (ATM-B) 2006
- Competent Communicator Silver (CC-S) 2009
- President of Cherry Creek Toastmasters 2007

EDUCATION

Graduate, Mercy Family Medicine Residency Program, Denver, Colorado 1990
Doctor of Medicine, University of South Dakota School of Medicine, Vermillion, South Dakota 1987

Master of Science in Medicine, University of South Dakota School of Medicine 1985

Bachelor of Arts in Applied Music, *cum laude*, California State University at Northridge 1972