

Jane Mountain MD

Speaker, Author and Publisher, Consultant

Expertise in depression, bipolar disorder, peer support groups, and best practices for mental health in the workplace.

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

1569 Madison Street
Denver Colorado 80206
BeyondBipolar@mac.com
303.329.3364
www.BeyondBipolar.com

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

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

AUTHOR & PUBLISHER

Books

- *Bipolar Disorder—Insights for Recovery* (Chapter One Press 2003). Chosen by the Mental Health Association of Colorado as educational offering, 50th Anniversary Tribute Event 2003. Winner of the EVVY Award for Psychology-Self Help (Colorado Independent Publishers Association)
- *Beyond Bipolar—7 Steps to Wellness* (Scheduled for Publication October 2007 Chapter One Press)
- *Beyond Bipolar—More Steps to Wellness* (Scheduled for Publication in 2009 Chapter One Press)

	<p>Periodicals</p> <p><i>e-Newsletter: Beyond Bipolar</i> (2006–present)</p> <p>Contributing editor</p> <p><i>ISBD Global</i>, newsletter of the International Society for Bipolar Disorders (2003–present)</p> <p>Book (contracted)</p> <p><i>Mental Health—It’s About Time It’s About You/Salud Mental—;Ya era Hora! ;Ya es para Usted!</i> (Mental Health Association of Colorado 2002)</p>
CONSULTANT	<p>Support Groups Project of the Mental Health Association of Colorado 2005</p> <p>Bipolar Think Tank Project, Behavioral HealthCare, Inc 2002</p>
PHYSICIAN	<p>Contract Physician for MDSI, INC 1999–2002</p> <p>Medical disability evaluations of pediatric and adult claimants applying for services of the Social Security Administration</p> <p>Solo practice of Family Medicine, Denver 1992–1998</p> <ul style="list-style-type: none">• 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 <p>Certifications</p> <ul style="list-style-type: none">• 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	<p>Mental Health Advocacy</p> <p>Founder and Director, Depression/Bipolar Recovery Group of Midtown Denver 2000–present</p>

Boards

- Board of Directors, Mental Health Association of Colorado 1995–2005
- Honorary Board of Directors, Mental Health Association of Colorado 2005–present
- 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

Toastmasters International

Cherry Creek Toastmasters 2002-present

- Co-Membership Chair 2004-2005
- Competent Toastmaster (CMT) 2005
- Competent Leader (CL) 2006
- Advanced Toastmaster Bronze (ATM-B) 2006
- President 2007-present