The Breeze

PACEsetters!

Ryan Wellness Center is new home to innovative collaborative program . . .

People with mental illness or dually diagnosed with substance abuse problems often struggle with activities of daily living - remembering and keeping appointments, navigating public transportation, taking medications as prescribed, staying clean and sober - and this can become even more difficult when compounded with additional obligations due to involvement with the criminal justice system.

That’s where PACE - Partnership for Active Community Engagement - comes in! Formed in the year 2000, PACE is a unique collaboration of the 20th Judicial District, Boulder County Sheriff’s Department, Community Justice Services, Colorado Public Defenders, the Chief Judge, and Mental Health Partners.

PACE is comprised of therapists, social workers, prescribers, and nurses as well as members of the probation department, and provides daily probation supervision and medication monitoring (M-F), individual and group therapies, case management, and other services as needed. Housed at the Ryan Wellness Center since December 2017, PACE is a “one-stop shop” where clients can receive mental health/substance abuse services and take care of their legal responsibilities at the same time and place.

“The additional support and connection that PACE provides is incredibly important in helping our folks stay out of jail, reducing relapse, and increasing their chances for a successful life”, says PACE therapist Crystal Fegenbush as she speaks in glowing terms about the benefits of the program. PACE Program Manager Matt Jaeckel adds, “Helping support public safety is just one side of the coin. What makes PACE really special is that we provide a place for people who don’t feel safe ‘out there’ to come here and feel safe.”

Clients are referred to PACE primarily through the court system, while some are referred through probation, MHP staff or other sources. Once a referral is received, PACE staff go into the jail or meet candidates in the community to facilitate a screening. All candidates must identify as a Boulder County resident or homeless within Boulder County, have a mental health and/or dual diagnosis that they would like to receive support services to manage, and be eligible for either bond or probation.

For more information, contact PACE at 720-562-0523
Out and About with the RWC Social Club!

**Conference on World Affairs**

Tuesday, April 10th

Leaving RWC at 1:15pm

Sign up sheet goes up 4/4

**El Dorado Hiking**

Saturday, April 14th

Leaving parking lot RWC at 10:30 am

Sign up sheet goes up 4/4

**Denver Zoo**

Tuesday, April 24th

Leaving RWC at 1:15pm

Sign up sheet goes up 4/18

$1 to reserve your spot

Cost is $5

**Gateway Fun Park**

Saturday April 28th

Leaving RWC parking lot at 11:00 am

Sign up sheet goes up 4/18

Referral and orientation required to go on Social Club outings
For more info, contact Sera Anderson (skanderson@mhpcolorado.org)
**RWC Happenings**

**Supported Employment Orientation**

Learn more about MHP’s Supported Employment Program and the supports and resources available! At the end of each class, clients will have homework to help prepare them for meeting with an employment specialist or connect them to resources as applicable . . .

**Longmont**
Sherman Wellness Center
Wednesday - April 11\(^{th}\) and 25\(^{th}\)
2:00 pm – 3:30 pm

**Boulder**
Ryan Wellness Center
Wednesday - May 2\(^{nd}\) and 16\(^{th}\)
2:00 pm – 3:30 pm

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**Computer Lab 2.0**

We are excited to announce that the RWC Education and Resource Lab has brand new computers! Upgraded with Windows 10 and lightning fast, the new computers will provide better speed, improved ease of use, and an overall more user-friendly experience.

Pictured above are Jorge Villareal, Chris Ianitello, and Matt Funderburg of MHP’s IS Team as they prepare the machines for installation. Below are four of the Lab’s eleven work stations, all upgraded and with printing capabilities. We invite you to stop in and check out the Lab. The Lab is located in the east wing of the RWC’s first floor, and is open Monday thru Friday from 8:30 a.m. - 4:00 p.m. See you soon!

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**Client Services Walk-In Hours**
Ryan Wellness Center

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<tr>
<th>Day</th>
<th>Counselor on Duty</th>
<th>Financial Recovery Planner</th>
<th>Medication &amp; Injections</th>
<th>Benefits</th>
<th>Health and Wellness Drop-In</th>
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<td>Monday</td>
<td>8:30am - 2:00pm</td>
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RWC Happenings

Safe Harbor
Nondenominational Spirituality Group
Monday, April 16th at 10:45 am

Computer Tutoring
at the RWC Education and Resource Lab
Drop In Times:
Monday, Wednesday & Friday
9:00-11:00 am
Tuesdays & Thursdays
1:00-3:00 pm
OR BY APPOINTMENT 303-545-0834

May
Social Event Planning
Wednesday April 18th
1:00 pm in the
Computer Lab
Help us choose the Social Events for May!

Que Sera, Sera!
Join Program Supervisor Sera Anderson to learn about the supported training and education opportunities at MHP, the social event program, or to give feedback on services at the RWC!
Mondays
1:00 - 2:30 p.m.

Morning Club
Wednesday & Friday 9-10 am
RWC Community Room
Fun, fellowship, and free coffee refills!
Wednesdays - Mindful Coloring
Fridays - Games & Puzzles

Yoga for Everyone
Tuesdays
2:00 - 3:00 pm
No class 4/10!
More info: Christine
303-402-8017

Benefits Open Hours
Tuesdays: 9-11:30 a.m. & 1-4 p.m.
Thursdays: 9-11:30 a.m. & 2-4 p.m.
More info: 303-247-8750

Speakers Bureau
Practice telling your recovery story!
Fridays 1-2 pm Classroom 2
More info: James 720-854-8527

Build public speaking skills!
Hi! I’m Wendy.

I was asked to sign for a medical procedure for a family member - my husband. I refused, hearing it could be fatal, so I was beaten and sent to a mental hospital. That was almost 50 years ago and I am now an outpatient at MHP.

Hospitals are rough. They take all the spunk out of you, and your routine and life. So I try to manage a quiet life, with rides by VIA and friends, with activities and self-maintenance as needed. I read, counsel, worship, enjoy good entertainment and a bit of art and writing. I am a retired executive -secretary, homecare worker and free-lance writer.

Like most people my age (older) I miss the people I love who have passed. I have a grown daughter and close friends who have been invested in my keeping my apartment and my benefits; my life is a sober testimony to good habits (just a few help). I still get lonely with all the benefits of home, then I take my meds and I pray!

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**Poetry Place by Katie F.**

Seems Spring Fever & Spring Fling is the thing,  
Every enlightened eye is “shown win-win”  
Open to thee Ordainer: Divine Origin..........!!  
Each ‘hour of flowers’ teach order over “din”

As all souls roam & relish about  
We ‘see’ signs & wonders within & without....!!  
With wonder we take-to Natures’ real route....  
Good energies Above grant us freedom from doubt...

Goin’ to goodly happenings of harmony  
Ones shall share-smiles of miles with glee  
When we entail & express Revere, Unity  
Then we will see splendours to BE

- Katie

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**Photography by Richard L.**

“It is spring again. The earth is like a child that knows poems by heart.” - Rainer Maria Rilke
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<td>1</td>
<td>2 Grilled Flank Steak Salad</td>
<td>3 Grilled Cheese &amp; Tomato Soup</td>
<td>4 Smorgsabord</td>
<td>5 Grab n Go</td>
<td>6 Buffalo Chicken Sandwich</td>
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<td>9 Jambalaya</td>
<td>10 Fish Tacos</td>
<td>11 Breakfast Shakshuka</td>
<td>12 White Chicken Chili</td>
<td>13 Beef Corn Dogs</td>
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<td>16 Shepard’s Pie</td>
<td>17 Taco Salad</td>
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<td>19 Spaghetti &amp; Meatballs</td>
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<td>23 Chicken Masala</td>
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**Vegetarian Options Available**

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Robert D. Sutherland Center for the Evaluation and Treatment of Bipolar Disorder

**Sutherland Seminar Series: Spring 2018**

**What:** Weekly seminars on topics related to bipolar disorders.

**Who:** Designed for adults with a bipolar disorder and their family and friends; open to anyone in the community who wishes to better understand bipolar disorders.

**When:** Mondays, 6-7:30 pm. Each session stands alone; no commitment or pre-registration required.

**Where:** Atonement Lutheran Church main sanctuary, 685 Inca Parkway, Boulder, CO.

**Cost:** A $10 per person donation is appreciated, but no fee is required.

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**2-Apr-’18 Sleep!**

Good sleep can help to stabilize mood, while poor sleep can be both a trigger and a symptom of mood episodes. We will discuss research-supported strategies for improving sleep.

**9-Apr-’18 Treatment Part II: Pharmacotherapy (Medications)**

A review of general principles to help you: (1) better understand medications and how to take them, (2) shop for a psychiatrist, and (3) make the most of (often) brief appointments.

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**16-Apr-’18 Treatment Part I: Psychotherapy [Guest Presenter: Emily Carol, MA]**

What role does psychotherapy play in treating bipolar disorder? What kinds of psychotherapy are there? How do you shop for a therapist?

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**23-Apr-’18 Bipolar Disorder and Relationships [Guest Presenter: Emily Carol, MA]**

What you can do to help a family member with bipolar disorder and/or what you can do to nurture relationships impacted by your bipolar disorder.

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**30-Apr-’18 Wellness/Relapse Prevention Plans and Crisis Management**

Powerful tools for detecting early warning signs of an impending mood episode, short circuiting the episode, and/or limiting the amount of damage caused by the episode. Strategies and resources for acute crisis management.

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Robert D. Sutherland Center for the Evaluation and Treatment of Bipolar Disorder

University of Colorado at Boulder – Department of Psychology and Neuroscience

Box 345 UCB, Boulder, CO 80309-0345

Phone: 303/492-5680  Fax: 303/492-2967

http://rdsfoundation.org/
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*The Breeze*, a newsletter of the Ryan Wellness Center and Norton Center for Behavioral Health, is a collaborative effort of staff and students of the MHP Supported Training and Education Program, and is printed at the RWC Education and Resource Lab. For more info, contact Bruce Levy at 303-545-0835 (blevy@mhpcolorado.org)