

# 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 20<sup>th</sup> 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*



*Left, Field Specialist Brooklyn Harris greets visitors to PACE. On the right, Program Manager Matt Jaeckel and therapist Crystal Fegenbush consult about a PACE client.*



## 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

### Gateway Fun Park

Saturday April 28th

Leaving RWC parking  
lot at 11:00 am

Sign up sheet goes up 4/18

Cost is \$5



Referral and orientation required to go on Social Club outings  
For more info, contact Sera Anderson ([skanderson@mhpcolorado.org](mailto: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<sup>th</sup> and 25<sup>th</sup>  
2:00 pm – 3:30 pm

### Boulder

#### Ryan Wellness Center

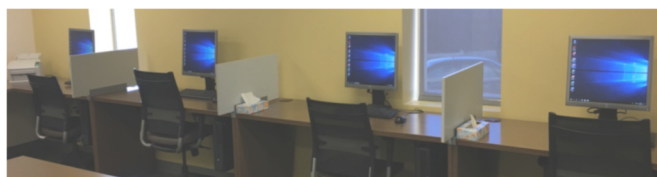
Wednesday - May 2<sup>nd</sup> and 16<sup>th</sup>  
2:00 pm – 3:30 pm

## 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!



## Client Services Walk-In Hours

### Ryan Wellness Center

#### Monday

Counselor on Duty  
Financial Recovery Planner  
Medication & Injections

8:30am - 2:00pm  
9:30 am - 12:00 pm, 3:00 pm - 4:30 pm  
9:00 am - 12:00 pm, 2:30 pm - 4:00 pm

#### Tuesday

Counselor on Duty  
Financial Recovery Planner  
Medication & Injections  
Benefits  
Health and Wellness Drop-In

8:30 am - 2:00 pm  
9:30 am - 12:00 pm, 3:00 pm - 4:30 pm  
9:30 am - 12:00 pm, 2:30 pm - 4:00 pm  
9:00 am - 11:30 am, 1:00 pm - 4:00 pm  
9:00 am - 11:00 am

#### Wednesday

Counselor on Duty  
Medication & Injections  
Morning Club

8:30 am - 11:00am  
9:00 am - 12:00 pm, 2:30 pm - 4:00 pm  
9:00 am - 10:00 am

#### Thursday

Counselor on Duty  
Financial Recovery Planner  
Medication & Injections  
CHAT Housing  
Benefits

8:30 am - 11:00 am  
9:30 - 11:00 am, 3:00 - 4:30 pm  
10:00 am - 12:30 pm  
10:00 am - 12:30 pm  
9:00 - 11:30 am, 2:00 - 4:00 pm

#### Friday

Counselor on Duty  
Financial Recovery Planner  
Medication & Injections  
Health and Wellness Drop-In

8:30 am - 2:00 pm  
9:30 am - 12:00 pm  
9:00 am - 12:00 pm, 2:30 pm - 4:00 pm  
9:00 am - 11:00 am



# 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

1:00-3:00pm



**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

Practice  
telling  
your  
recovery  
story!



Build  
public  
speaking  
skills!

*Fridays 1-2 pm Classroom 2  
More info: James 720-854-8527*

# From the Heart . . .

## *My Life As a Patient*

By Wendy Z.

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!



## 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



## Photography by Richard L.



*"It is spring again. The earth is like a child that knows poems by heart." - Rainer Maria Rilke*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Grilled Flank Steak Salad	3 Grilled Cheese & Tomato Soup	4 Smorgsabord	5 Grab n Go	6 Buffalo Chicken Sandwich	7
8	9 Jambalaya	10 Fish Tacos	11 Breakfast Shakshuka	12 White Chicken Chili	13 Beef Corn Dogs	14
15	16 Shepard's Pie	17 Taco Salad	18 Pizza & Salad	19 Spaghetti & Meatballs	20 Beef Burger	21
22	23 Chicken Masala	24 Enchilada Casserole	25 Pizza & Salad	26 Chicken Parm	27 Beef Burger	28
29	30	Vegetarian Options Available		Lunch Served 11:30 am—1:00 pm Menu subject to change		



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

## Sutherland Seminar Series: Spring 2018

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

*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.*

*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.*

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

*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.*

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.



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/>

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 Lab Open 8:30-4 Comp Tutoring 9:00 Que Sera, Sera 1:00	3 Lab Open 8:30-4 Comp Tutoring 1:00 Yoga 2:00	4 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00	5 Open 8:30-4 Comp Tutoring 1:00	6 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 Speakers Bureau 1:00	7
8	9 Lab Open 8:30-4 Comp Tutoring 9:00 Que Sera, Sera 1:00	10 Lab Open 8:30-4 Comp Tutoring 1:00 <b>Conference on World Affairs 1:15</b> 	11 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00	12 Lab Open 8:30-4 Comp Tutoring 1:00	13 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 Speakers Bureau 1:00	14 <b>Eldorado Hike 10:30</b> 
15	16 Lab Open 8:30-4 Computer Tutoring 9:00 Que Sera, Sera 1:00 <b>Safe Harbor 10:45</b> 	17 Lab Open 8:30-4 Comp Tutoring 1:00 Yoga 2:00	18 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 <b>Social Event Planning 1:00</b> 	19 Lab Open 8:30-4 Comp Tutoring 1:00	20 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 Speakers Bureau 1:00	21
22	23 Lab Open 8:30-4 Comp Tutoring 9:00 Que Sera, Sera 1:00	24 Lab Open 8:30-4 Comp Tutoring 1:00 <b>Denver Zoo 1:15</b> Yoga 2:00 	25 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00	26 Lab Open 8:30-4 Comp Tutoring 1:00	27 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 Speakers Bureau 1:00	28 <b>Gateway Fun Park 11:00</b> 
29	30 Lab Open 8:30-4 Comp Tutoring 9:00 Que Sera, Sera 1:00					
<p><i>The Breeze</i>, 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)</p>						