

Introducing . . .

February 2018



The Breeze

(Formerly the Chinook Wind Times)

Chinook newsletter expands to include happenings at the Ryan Wellness Center and Norton Center for Behavioral Medicine!



A quarter of a century ago, Mental Health Partners (then the *Mental Health Center of Boulder County*) opened the innovative Chinook Clubhouse, a social and vocational

rehabilitation program based on the Fountain House model of clubhouse programming. Its name, and the name of the newsletter, were inspired by the warming, downsloping Chinook winds which bring relief and respite from Colorado's winter cold.

Flash forward to 2018. Chinook has moved from Boulder's University Hill to MHP's Ryan Wellness Center in north central Boulder. No longer a traditional Clubhouse, Chinook continues to provide supported training and education in computer/office skills and food service to clients of MHP - the Clubhouse's "admin unit" has evolved into the RWC Education and Resource Lab, and what was formerly the "kitchen unit" is now the thriving Chinook Café (see story on page 3). And, of course, the legendary Chinook social events (weekly outings to area activities and attractions) are still going strong and open to all adult MHP clients (with provider referral).

In keeping with the theme of soothing, healing winds, the newsletter's new name, *The Breeze*, represents respite and relief from the scorching, stultifying heat of summer. In addition, The Breeze symbolizes HOPE, as it is this summer wind that carries and scatters the seeds of new life near and far . . .

We think that you will like this expanded newsletter. Many of your favorite things about the Chinook Wind Times - news and events, recovery stories, creative writing - continue in The Breeze. And it's packed with even more info than ever about MHP happenings and services.

***May The Breeze bless you and
always be at your back!***



Chinook Social Events

Falafel King

Tuesday, February 6th
Leaving RWC at 2:00 pm

One Free Falafel
For those that go
(an \$8.99 value)

Sign-up
sheet available
January 31st -
Limited to 6
people



Walden Ponds

Tuesday, February 13th
Leaving RWC at 2:00 pm



Sign-up sheet
available February 7th

Bowling in Longmont

Tuesday, February 20th

\$1 for 1st game
\$2 each addtl.

Leaves RWC
at 3:15 pm



Sign-up sheet available
February 14th

Local History Museums Tour

Saturday, February 24th

Leaves RWC at 11:00am

Sign up
sheet
available

February
14th



Chinook membership is required for all these social outings. Not a member?
Have your provider send a referral to Cameron (casmith@mhpcolorado.org)

Chinook Cooks!

Café, Catering Service, & Training Program Flourishing Under the Direction of Chef Erin Boyle . . .

Walk into the RWC any weekday morning and your nose is likely to be tickled by the smell of something wonderful wafting from the kitchen. Of course! It's the Chinook Café crew preparing today's sumptuous and wholesome lunch. Chinook Cooks! is actually three interlocking components:

- **Chinook Café** - Located in the RWC is a fully operational café featuring coffee, tea, snacks, baked goods, and hot & cold meals. Chinook Café is a scratch kitchen and meals are made fresh daily by staff, volunteers, and students. Everyday is different at the café! The menu changes daily and we add flourishes (e.g. guacamole or a terrific dessert) when time and staff permit. Expect to pay less than \$5 for a complete meal. We often offer meals that are gluten free and we always have a vegetarian option. Café hours are 8:30-10:00 a.m. (coffee and snacks) and 11:30 a.m.-1:00 p.m. (lunch service) Monday thru Friday.
- **Chinook Cooks Catering** - A professional catering service that provides food for different functions and events here at the RWC as well as at other MHP sites. In addition, CCC provides and delivers daily lunches to MHP's Warner House residential treatment program.
- **Chinook Cooks Training Program** - Our program is open to all adult clients of MHP. Trainees get real life hands-on experience preparing meals for the Café and catering events. The Chinook Cooks Training Program has two phases:
 - The training starts with a **60 hour Safety and Sanitation program**. This program teaches students about all the equipment in the kitchen as well as best practices for food handling, personal hygiene, knife skills, and dishwashing. This 60 hour training culminates in taking the nationally recognized *ServSafe* exam. This certification will make it easier for any trainee to enter the food service work place.
 - If a client would like to continue education, we have a **120 hour Food Service training program**. In this phase, the student will focus on food preparation, menu planning, recipe following, cooking techniques, plating and service, and also learn the Point of Sale system. The program is ideal for building confidence and/or stamina, and for those interested in a career in the food service industry.



Executive Chef Erin Boyle and Kitchen Assistant Sandy Coke play a game of pepper in the kitchen!



Lunch at the Café is always delicious and nutritious . . . and under \$5.00!



Boo! Chinook Cooks Catering created a spooky spread for the RWC Halloween party!

To find out more about Chinook Cooks!, to enroll in the training program, or to order a catering, contact Erin Boyle at 303-545-0885 (eboyle@mhpcolorado.org)

RWC Happenings

Safe Harbor



Monday, February 12th
at 10:45 am

Nondenominational Spirituality
Group

Computer Tutoring

at Chinook Office Services

Drop In Times:

Monday-Wednesday -
Friday

9-11 a.m.

Tuesday-Thursday

1-3 p.m.



OR BY APPOINTMENT

March

***Social Event
Planning***

*Wednesday
February 21st
1:00 pm
In Chinook Lab*

Help us choose the Social Events for March!

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

Morning Club

Join us for coffee,
conversation, and trivia!



Wednesday 9-10 am
RWC Community Room

Yoga for Everyone

Tuesdays
2:00 - 3:00 pm
Classroom 2

More info:
Christine
303-402-8017



Hike It Out!
2-4 pm

Hiking for symptom
management!
All fitness levels welcome!
More info: Christine
303-402-8017

Practice
telling
your
recovery
story!



Build
public
speaking
skills!

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

RWC Happenings

Ryan Wellness Center Community Room Program: Starting February 5, 2018

- We are open for **appointments only** from **8:00am-8:30am** and **2:00pm-6:00pm (5:00pm on Fridays)**
 - Please arrive no earlier than 20 minutes before your scheduled appointment or you may be asked to come back.
 - If you do not have a scheduled appointment you will be asked to come back during the community room program open hours.
- Our **community room program** is open from **8:30am-2:00pm Monday –Friday**.
 - You will be asked to sign in for the community room program including your name, how long you plan to be onsite, and what service(s) you plan to engage in while you are here.
 - The schedule of available services can be provided to you each time you are here.
 - MHP staff will likely check in with you periodically while you are here to ensure that we are meeting your needs.
 - You will be asked to review and accept the MHP code of conduct

Please note that you may be asked to use a temporary locker to place large belongings.



RWC Happenings

Client Services Walk-In Hours

Ryan Wellness Center

Monday

Counselor on Duty

8:30am - 2:00pm

Financial Recovery Planner

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

Medication & Injections

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

Tuesday

Counselor on Duty

8:30 am - 2:00 pm

Financial Recovery Planner

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

Medication & Injections

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

Benefits

9:00 am - 11:30 am, 1:00 pm - 4:00 pm

Health and Wellness Drop-In

9:00 am - 11:00 am

Wednesday

Counselor on Duty

8:30 am - 11:00am

Medication & Injections

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

Morning Club

9:00 am - 10:00 am

Thursday

Counselor on Duty

8:30 am - 11:00 am

Financial Recovery Planner

9:30 - 11:00 am, 3:00 - 4:30 pm

Medication & Injections

10:00 am - 12:30 pm

CHAT Housing

10:00 am - 12:30 pm

Benefits

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

Friday

Counselor on Duty

8:30 am - 2:00 pm

Financial Recovery Planner

9:30 am - 12:00 pm

Medication & Injections

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

Health and Wellness Drop-In

9:00 am - 11:00 am

PLEASE NOTE: Effective December 8, 2017, the Prescribers have moved over to Ryan Wellness Center and the Boulder Adult Outpatient Services (BAOS) and Older Adult Specialized Services (OASS) teams have moved over to the Norton Building.

Just Do It!

“When you find yourself in a crisis situation it is often useful just to simplify your behavior. Focusing on your feelings when in crisis makes you feel even more powerless and out of control, whereas focusing on behavior gives you a sense of being in control, and realistically so, because your behavior is that part of your life over which you actually have control. There is something about action, the moment of acting, that frees us from thoughts, fixations, and unrealistic concerns.” - David K. Reynolds, Ph.D.

From the Heart . . .

Grief & Recovery

By
Kelly S.

In 2002 I was diagnosed bipolar and my mother Alice was of immense support to me as I recovered. My mother was a registered nurse by schooling and was always willing to learn more about my illness and the medications I was prescribed. My mother was always curious about how I was doing and if I wasn't doing well what I could and should do to feel better. We had a schedule of Sunday and Wednesday phone calls to check in on each other. In 2014 we moved my mother from California to Colorado and unfortunately within four months of her moving here she fell ill and broke her hip. We lost my mother on December 13, 2014. It was the saddest Christmas season I can remember. Mom always made the Holiday's special for all of us. I truly miss my mother every day. I really miss those Sunday and Wednesday phone calls. I still have her contact name and phone number in my iPhone, I don't want to ever delete it. A friend said to me the other day that it is possible you can experience both grief and joy at the same time. I've been a Peer Specialist on the Crisis Intervention Services Team with Mental Health Partners now for over three years and I think my mother would be very proud I have come this far in my recovery. Thanks mom for always believing in me - I LOVE YOU!!



Poetry Place by Katie F.



As the 'scapes turn toward wintery wonderland
May we see many meetings of minds at hand
For Peace on Planets & Peace of mind: All Stand !!
While we sing * soul grand: "to beat the band"
Step by step ...: we walk within warming wisdom
Found fulfilling w/ inner insight coming Kingdom'
In Truth, truisms : we find inspiration, Freedom...!!
Within 'ways world or Soul what will come.....
In 'Living In thee Light, we note to 'take heart.
While walking the talk: we show to take'a'part.....
All adults , aware: avidly .."Life Is an Art"!!!!
'Seen in a child's smile, all the while, To start....
Day by day, following thee Light: 'light hearted way..
Aware all along, to mean what we say
As we take Life we hold dear: our part we play
'Hopin'..not all negative nuances are astray
Then, dare 'n DO "dreams" : the 'sky's the limit
Where we 'ace & place sagacious sense within it.
Clearly, can come manifesting Truths told in it.
Heedful of harmonious happenings,
ie: heaven molded within it.!!

My Favorite Poems

Submitted by Glen D.

It's all I have to bring today –
This, and my heart beside –
This, and my heart, and all the fields –
And all the meadows wide –
Be sure you count – should I forget
Some one the sun could tell –
This, and my heart, and all the Bees
Which in the Clover dwell.

- Emily Dickinson 1830 – 1886



February 2018



Chinook Cafe

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Chicken Parmesan	2 Beef Burgers	3
4	5 Chicken & Dumplings	6 Mexican Casserole	7 Breakfast All Day	8 Fish & Chips	9 Pulled Pork BBQ Sand.	10
11	12 Meatloaf	13 Etouffe	14 Braised Brisket	15 Indian Beef Curry	16 Beef Burgers	17
18	19 Turkey Salad Sand.	20 Beef Pho	21 Pizza	22 Bolognese Ragout	23 Homemade Hot Dog	24
25	26 Beef Stroganoff	27 Beef Frito Pie	28 Pizza	Lunch Served 11:30 am—1:00 pm Menu subject to change		Vegetarian Options Available

Que Sera, Sera!

Join Sera to learn about the supported training and education opportunities at MHP, the Chinook social event program, or to give feedback on services at the RWC!

Mondays
1:00 - 2:30 p.m.



Sera Anderson is Supervisor of Supported Training and Education at MHP. For more info, contact Sera at 303-535-0808 (skanderson@mhpcolorado.org)

C.O.P.E. Group
Co Occurring Peer Engagement
 Wednesdays, 1:45pm - 3pm
 Upstairs, in the Canyon Room

*For those of us learning
 how to live
 - not just survive -*

*clean, sober, and with fewer
 psychiatric and behavioral set-backs*

*Weekly drop-in
 Certified Peer Supported 🧡*

Suzanne, C.P.S.
with Integrated Health Home

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Lab Open 8:30-4 Comp Tutoring 1:00	2 Lab Open 8:30-4 Comp Tutoring 9:00 Speakers Bureau 1:00 Hike It Out! 2:00	3
4	5 Lab Open 8:30-4 Comp Tutoring 9:00 Que Sera, Sera! 1:00	6 Lab Open 8:30-4 Kitchen Safety & Sanitation 9:30 Comp Tutoring 1:00 Yoga 2:00 Falafel King 2:00 	7 Lab Open 8:30-4 1st Wednesday Breakfast 8:30 Comp Tutoring 9:00 C.O.P.E Group 1:45	8 Lab Open 8:30-4 Comp Tutoring 1:00	9 Lab Open 8:30-4 Comp Tutoring 9:00 Speakers Bureau 1:00 Hike It Out! 2:00	10
11	12 Lab Open 8:30-4 Comp Tutoring 9:00 Safe Harbor 10:45 Que Sera, Sera! 1:00 	13 Lab Open 8:30-4 Comp Tutoring 1:00 Yoga 2:00 Walden Ponds 2:00 	14 Lab Open 8:30-4 Comp Tutoring 9:00 C.O.P.E Group 1:45	15 Lab Open 8:30-4 Comp Tutoring 1:00	16 Lab Open 8:30-4 Comp Tutoring 9:00 Speakers Bureau 1:00 Hike It Out! 2:00	17
18	19 Lab Open 8:30-4 Comp Tutoring 9:00 Que Sera, Sera! 1:00	20 Lab Open 8:30-4 Comp Tutoring 1:00 Yoga 2:00 Bowling 3:15 	21 Lab Open 8:30-4 Comp Tutoring 9:00 Social Event Planning 1:00 C.O.P.E Group 1:45	22 Lab Open 8:30-4 Comp Tutoring 1:00	23 Lab Open 8:30-4 Comp Tutoring 9:00 Speakers Bureau 1:00 Hike It Out! 2:00	24 Local History Museum Tour 
25	26 Lab Open 8:30-4 Comp Tutoring 9:00 Que Sera, Sera! 1:00	27 Lab Open 8:30-4 Comp Tutoring 1:00 Yoga 2:00	28 Lab Open 8:30-4 Comp Tutoring 9:00 C.O.P.E Group 1:45			
31	<p>Sign up sheets go up as follows: Falafel King 1/31, Walden Ponds 2/7, Bowling in Longmont 2/14, Local History Museums 2/14</p>					

The Breeze 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)