



# Community UPDATE

HEALING  
is our purpose.  
HELP  
is our promise.  
HEALTH  
is our passion

## Suicide Intervention: Learn What You Can Do

Mental Health Partners is offering an upcoming ASIST (Applied Suicide Intervention Skills Training) workshop for community members. During this two-day workshop, participants learn to recognize when someone may be having thoughts of suicide and how to work with them to support their immediate safety. While ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop, which is open to anyone 16 or older. Since its development in 1983, more than a million people have taken the workshop.

**June 12 & 13, 2018**  
*(both days required)*  
**8:30am-4:30pm**  
**Ryan Wellness Center 1000 Alpine Ave., Boulder, CO**  
*(Colorado Rooms, 2nd Floor)*  
**Cost: \$100**  
*(FREE to MHP Staff and Clients)*  
**To Register and for more information:**  
**MHPLeads@mhpcolorado.org**

## Mental Health Partners Offers Diverse, Leading-Edge Substance Use Disorders Treatment and Management

*Alcohol. K2. Spice. Mamba. Cocaine, Heroin. Pain killers. Opioids. Vape. Marijuana. Fentanyl. Meth.* The list goes on as new drugs burst on the scene while, almost daily, we hear about the increasing opioid public health crisis and its national epidemic. No one intends to become addicted, but over time and with repeated and increased use, casual users of substances to relax or socialize can lead to overuse and abuse, and those who rely on prescription medication may lead to physical dependency and addiction. Eventually, brain changes occur that override good intentions. The challenge is that no one knows who among us will go on to develop addiction, but data shows that between 6-12% of casual substance users will develop more serious problems.

Colorado seems to be particularly vulnerable to this growing epidemic. According to a 2017 study, Colorado has the third most-serious drug problem in the nation, with one of the highest percentages of both teen and adult drug users. In 2015, Colorado ranked number 1 for consumption of opioid painkillers, alcohol, cocaine and marijuana - four substances the Substance Abuse and Mental Health Services Administration tracks. In Boulder County, 20% of adults report binge-drinking (compared to a state average of 18.1%) and 20% of high schoolers report binge drinking (compared to the statewide average of 16.6%). Clearly, addiction has become a part of the fabric of Colorado, and even more so in Boulder County.

But how to turn this tide? First and foremost, there must be recognition that addiction is a medical condition that can be treated and resolved. This includes (1) recognition of its scope, (2) community-wide commitment to focus on solutions with evidence-based practices and (3) well-funded professional treatment services to navigate the road to recovery, recognizing the chronic nature of addiction.

Mental Health Partners (MHP) is a leader in the Boulder/Broomfield Communities to address the medical condition of addiction. At MHP, treatment is diverse and individualized. It may begin in the field when a first responder administers Narcan to a person who has overdosed on heroin or is brought to MHP's 24-7 Walk-In Crisis Center. If a client needs detox care, MHP has a 20-bed social model withdrawal management unit co-located with the crisis walk-in center. After detox, the client may need additional supported care, which MHP provides with a six-bed Transitional Recovery Treatment service and/or referral into enhanced or traditional outpatient services in Boulder, Longmont. Soon, these treatment options will also be available in Lafayette and Broomfield.

According to Ann Noonan, MHP's Director of Substance Use Disorder Center of Excellence, there is no one single, prescriptive path to recovery. "We meet people where they are and engage them in developing an individual and customized plan that will support them in the difficult return from addiction."


MHP also prides itself on being one of the most progressive facilities in the state, shown through its early adoption of Medication Assisted Treatment (MAT) programs. Currently, MHP offers both Suboxone and Vivitrol. These medications help clients decrease cravings, reduce overdose risk and prevent relapse for both opioid and alcohol dependence. Intensive case management, individual therapy, group therapy, and relapse prevention skill building may also be incorporated into an individual's treatment plan. MHP also has Recovery Coaches who can walk alongside clients as they develop a stable and sober support system. Learn more about how MHP is doing its part to turn the tide in substance use by visiting [mhpcolorado.org](http://mhpcolorado.org) or calling its Detox Line at (303) 441-1281.



### Connect with us:

[www.mhpcolorado.org](http://www.mhpcolorado.org)

 [MentalHealthPartnersCO](https://www.facebook.com/MentalHealthPartnersCO)

 [@MentalHealthCO](https://twitter.com/MentalHealthCO)



I'd like to be involved in MHP.



Healthy minds, healthy lives, healthy communities

1455 Dixon Avenue  
Lafayette, Colorado 80026

Please contact me with information about \_\_\_\_\_

Please add me to your mailing list

I'd like to help with a contribution

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

**Mail To:** Mental Health Partners,  
1455 Dixon Ave., Lafayette, CO 80026

Or you can visit [www.mhpcolorado.org](http://www.mhpcolorado.org) and select "Donate Now" to make a secure, online contribution.



## MHP Joins Expert Panel To Discuss Addiction

Ann Noonan, MHP's Director of Substance Use Disorder Center of Excellence, will be part of an upcoming expert panel for "Addiction is a Brain Disease: Treatment Works and Recovery Happens." This is the fourth in a series about mental health/addiction in Boulder County sponsored in partnership by Mental Health Partners, Boulder Community Health, the Boulder Valley Rotary Club and the Boulder Rotary Club. The panel will discuss the complexities of the disease of alcohol and drug addiction, treatment options, opportunities for collaboration and community engagement, and how new avenues of treatment can lead to successful recovery.

Three other local experts will join Noonan for a panel discussion:

- **Dan Conroy** – co-founder of AIM House, a residential program working with struggling young people. He is the founder of the CU Boulder Collegiate Recovery Center, and works collaboratively with numerous other agencies and youth groups.
- **Denise Vincioni** – from the Denver Recovery Group, an outpatient clinic specifically designed to treat those suffering from opiate addiction, through both medical management and a holistic recovery environment.
- **Jim Geckler** - Chief Executive Officer of the Harmony Foundation, a residential treatment program established

almost fifty years ago in Estes Park, which has offered relevant and cutting-edge services throughout its history to many Boulder County residents and their families.

Join us for this lively discussion among four well-known and respected experts with ample time for questions, answers and discussion.

**Monday, April 30, 6:30 pm to 8:00 pm**  
**Jewish Community Center, 6007 Oreg Avenue, Boulder**  
**Please register at [bch.org/lecture](http://bch.org/lecture)**



## Thank You, Stan!

During the 11th Annual Brave, Bold and Beautiful event on April 5th, MESA honored former Boulder County District Attorney Stan Garnett with the MESA

Distinguished Service Award in recognition of his leadership addressing sexual assault issues. This included allocating resources to create a special sex crimes unit, ensuring investigations were victim-centered and setting a new standard for holding perpetrators accountable.

