



Community UPDATE

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

February
2018

Mental Health: A Top Priority in Boulder County

Last year, Boulder County Public Health conducted a community health assessment, which included reviewing the health data of the community and talking with residents about their health needs and concerns. The results of this assessment identified mental health challenges affect many residents in different ways, making it the top public health issue to address over the next five years.

Some interesting data points from the survey include:

- 1 in 4 of surveyed Boulder County high school students felt so sad or hopeless for two or more weeks that they stopped doing some of their regular activities.
- Young people who face extra burdens (i.e. stigma or disapproval) feel sad or hopeless more often.
- Sad and hopeless feelings were common for:
 - Almost half of LGBTQ high school students
 - More than a third of females
 - More than a third of Latino/a students
- 1 in 5 Boulder County adults have been diagnosed with a depressive disorder.

Through more than 50 community conversations throughout the County, residents described many of the challenging issues related to mental health, including concerns with shame and stigma, the loss of loved ones from suicide and their difficulty navigating the mental health care system. These concerns are both complicated and complex.

As the largest and most comprehensive provider of behavioral health care in Boulder and Broomfield counties, Mental Health Partners (MHP) looks forward to working with community partners to address these and related issues. MHP's approach is person-centered, multi-dimensional, and focuses on a broad continuum of care. "The County's commitment to mental health gives us an opportunity to collaborate at many levels, given the breadth and depth of our services," says Vicki Rodgers, MHP's Chief Operating Officer, "Our continuum of care begins with programs

that reach out into the community with information about wellness and prevention. We have a tremendous commitment to recovery and wellness to help each individual thrive in their community."

For people experiencing a crisis, MHP's Walk-In Crisis Center in Boulder is staffed 24-7 and has a dedicated phone line (1-844-493-TALK). Individuals can also call MHP's Access Line at (303) 443-8500 to get connected to someone who can help. MHP's team of nearly 375 clinicians, psychiatrists, therapists and clinical care staff assist more than 23,000 clients annually with outcome-based treatment that includes medication management, comprehensive substance use disorder outpatient treatment and other types of therapy. Services are tailored to all ages, from at-risk infants and families through seniors experiencing difficulty with life-situations.

Additionally, MHP is supporting the community in a variety of ways besides clinical services. Last year, nearly 1,200 area residents received Mental Health First Aid training and/or Applied Suicide Skills Training from MHP educators. MHP also has staff embedded in many schools in the Boulder Valley School District; and staff working in the jails, courts, with law enforcement, in nursing homes, hospitals, primary care physicians' offices and other community locations.

To learn more about Boulder County Public Health's 5-year Mental Health Initiative, we encourage you to attend the community presentation:

Monday, February 26, at 6:30 pm

Boulder County Mental Health Services: A View of Today and Plans for Tomorrow
Jewish Community Center - 6007 Oreg Ave. in Boulder.

Featuring: Susan Motika, director of Strategic Initiatives for Boulder County Public Health, providing an overview of mental health in the area.

Panelists include:

Valerie Lipetz, MD, from Boulder Community Health
Jennifer Leosz, VP of Clinical Care at Mental Health Partners
Jamie Smalley, Student Support Specialist for the Boulder Valley School District
Register at www.bch.org/lecture

How CET Changed My Life: A Client Testimonial

With permission by: Corrine C., Chinook Office Clerk

"When I first inquired about CET (Cognitive Enhancement Therapy), I learned it is for schizophrenics who were recently diagnosed. I immediately felt nervous, because my diagnosis came many years ago. I thought it was too late for me, but CET coaches Micci and Cameron assured me that it was fine. Once I passed the qualifying interview, I went to the first weekly class. It was an hour of playing "video games". Video games is a deceptive way to describe them, because while they look like video games they are, in reality, brain training exercises with graphics similar to video games. We had nicknames for the different exercises, like "The Christmas Tree" or "Monty Python Hand". The Christmas Tree worked on processing speed, and I soon noticed mine getting faster in daily life. Afterwards I would feel mentally exhausted. After a few weeks, social cognition instruction was added to help us learn skills like "gistful thinking" (understanding the main idea of something). The coaches

don't water down anything. They use precise clinical terms and take the time to explain everything to us in detail.

It was like being given the manual to my illness I never got at the hospital!

Each week, homework was assigned and we would pick a coach to go over it with. At the next class, we would share our homework with the entire group. The entire course takes 48 weeks, just shy of a year. During this process, because my reaction times became faster and my focus stronger, I actually started driving again after not having driven for 8 years! I now feel confident enough to work again. My brain functioning and quality of life overall feels better. After knowing my fellow classmates for about a year, I feel close to them. It will be an adjustment to know what to do with my Thursday afternoons now that CET is drawing to a close."

For more info on CET, contact MHP staff Emily Derouin (720-726-0243) or Allyce Cooper (303-545-0858). For information on how your donations help support impactful therapies like CET, please contact MHP's Philanthropy Department at (303) 545-0842 or philanthropy@mhpcolorado.org.



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 and select "Donate Now" to make a secure, online contribution.



Join Us! MHP Offers Community Education and Training

Would you know if a friend or loved one were having a mental health crisis?

Can you identify, understand and respond to signs of mental illness, substance use disorders, or suicidal ideation?

1 in 4 people in this country at some time or another experience mental health issues so knowing how to help can save lives. Learn valuable skills today at one of the upcoming MHP-led trainings:

Applied Suicide Skills Training (ASIST)

A two-day interactive workshop that teaches participants to recognize when someone may be having thoughts of suicide and works with them to create a plan that will support their immediate safety. Open to community members who are 16 and older. Fee: \$100

April 10 and 11 – Ryan Wellness Center,
1000 Alpine, Boulder

June 12 and 13 – Ryan Wellness Center,
1000 Alpine, Boulder

Mental Health First Aid

An eight-hour course that gives community members the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Fee: \$35

March 9 – Ryan Wellness Center, 1000 Alpine, Boulder

May 4 – Ryan Wellness Center, 1000 Alpine, Boulder

For more information or to register email
mhplearns@mhpcolorado.org.

About Mental Health Partners:

Mental Health Partners (MHP) is a non-profit organization that provides immediate access to expert mental health and substance use care so people can enjoy healthy and fulfilling lives. For information and to access services, please call (303) 443-8500 or visit mhpcolorado.org. For emergency assistance with a mental health crisis, please call 1 (844) 493-TALK (8255), text TALK to 38255 or go directly to our 24/7 Walk-In Center at 3180 Airport Rd., Boulder, CO

Connect with us: www.mhpcolorado.org



MentalHealthPartnersCO



@MentalHealthCO

