



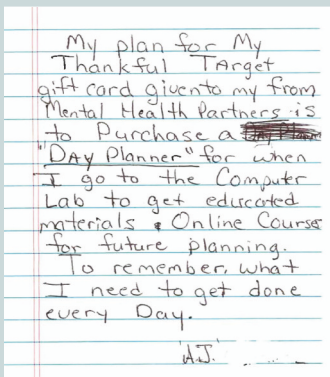
Community UPDATE

January 2018

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

Thank You For Your Support!

- **Columbine Community Church** members donated 50 gift bags to brighten the holidays for clients at the Ryan Wellness Center in Boulder. The bags include toiletries and a \$10 gift card.
- Just in time for winter weather, the **Boulder Valley Rotary Club** donated 30 coats for clients, and winter clothing and blankets to MHP's Community Infant Program.
- More than 100 people enjoyed a performance by the fabulous FACE vocal band at Nissi's. Underwritten by **Henry Ham Agency, Sand Construction, Varra Financial Associates and Foothills Health Solutions**, the event helped underscore that mental illness touches all of us, one way or another.
- Staff at the **Southwest Research Institute** selected Mental Health Partners as one of its not-for-profits to support this year. They generously donated 14 gift cards with a total value of \$245 for MHP to give to clients. One recipient expressed his appreciation in writing!



A generation at-risk... MHP Focuses on Children and Families

- *A 19-year-old single mom in Lafayette struggles with her own anxiety as well as her two-year-old son's tantrums. She doesn't know what to do.*
- *A mother in Broomfield tries to help her fourth-grade daughter who has emotional trauma after surviving the car accident that killed her dad. She doesn't know where to get help.*
- *The father of a teenage girl has just learned from her distressed boyfriend that she has been cutting her legs in private because the pressures of her private high school are so intense. He doesn't know how to help.*

These are not isolated situations. The Centers for Disease Control and Prevention reports that one in five children ages 3 through 17 have a diagnosable mental, emotional or behavioral disorder in any given year. Only 20 percent get help; the remaining 80 percent do not. Suicide is the second leading cause of death among young people, ages 10 through 24. Research data shows us that one to two percent of children ages 2 to 5 have depression. An estimated 12.5 percent of youngsters ages 12 through 17 have experienced a depressive episode in the past year.

These realities are why Mental Health Partners offers services specifically for Children and Families. The mental well-being of young people today clearly affects the well-being of our communities in years ahead.

According to Fred Michel, M.D., a child psychiatrist and Chief Medical Officer at Mental Health Partners, "Children are not islands unto themselves. They are connected to their families. If a child has a behavioral health problem, it's a problem that invariably touches family at all levels. Similarly, family problems with mental health or substance use almost always have effects on children. That's why our approach is to do more than prescribe medicine. Our team of therapists, prescribers, and case managers work to understand the unique problem, sort through acute stress, biological mental factors, and environmental considerations to develop a workable and sustainable care plan that includes that entire family system".

Mental Health Partners provides specialized care to the full spectrum of affected age groups. Services within each group are tailored to include interventions, prevention, assessment, treatment, rehabilitation and follow-up support.

Infants to Five-Year-Olds

It may surprise some to hear that infants can face mental health challenges or be at risk in family situations with mental health concerns. Developmental challenges can first emerge in these early ages. Children are extremely resilient but also sensitive to family disruption, impaired nurturing, and traumatic exposures. MHP's Community Infant Program is an intensive, home-based program for our youngest community members and their parents. The goal of the prevention-intervention service, staffed by psychotherapists and maternal child health nurses, is to help provide the best possible start in life.

School-Age

Mental Health Partners provides age-appropriate care for school-age children who may be having behavioral issues at home or school. Services range from intervention and mediation to group play therapy and follow up. Additionally, MHP staff members work in schools throughout Boulder county.

Teens/Young Adults

- Suicidal ideation.**
- Substance overuse.**
- Depression.**
- Anxiety.**

Teenage years are a time of great growth and change. Most teens traverse this stage of adolescent development well; however, for others there are challenges that lead to isolation, rejection, drug experimentation, academic failure and more. Adolescence is also a time when adult mental illness precursors begin to emerge. Recognizing the complexities of these issues, Mental Health Partner provides a comprehensive approach to teen mental health including behavioral specialists in schools, mental health first aid training for administrators and teachers, anti-bullying programs and sexual assault education as well as crisis intervention, medication management, therapy and activities to help young clients re-integrate into their homes and communities.

Help for children and families is a phone call away: (303) 443-8500.

Connect with us:

www.mhpcolorado.org

MentalHealthPartnersCO

@MentalHealthCO

2018 is the Year of Children and Families at MHP

To initiate innovative pilot projects in each age division, MHP has a goal to raise \$50,000 for each group for a total of \$150,000. For details, please email philanthropy@mhpcolorado.org, call 303-545-0842, or return the accompanying form. Your support is an investment that will make a difference in the lives of children, parents and grandparents for years to come.



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.



Introducing Rotary Club Community Lecture Series on Mental Health

Three Boulder-area Rotary clubs (Boulder Rotary, Boulder Valley Rotary and Flatirons Rotary) are partnering with Boulder Community Health and Mental Health Partners to present five community lectures on mental health issues. All sessions will be held at the Jewish Community Center, 6007 Oreg Ave, Boulder. Expo and hors d'oeuvres begin at 5:30 p.m.; presentations start at 6:00 p.m.

Save the dates for these upcoming lectures.

• **January 30, 2018: Meeting the Challenges in Mental Health Care: may lessons from the past and present light the way?**

Presented by Dr. Abraham M. Nussbaum, who is Chief Education Officer at Denver Health, an Associate Professor of Psychiatry at the University of Colorado School of Medicine and noted author. His presentation is a fascinating retrospective from the time of WWII to today and offers promising insights garnered during his career.

• **February 26, 2018: Mental Health In Boulder County**
Presented by Susan Motika, Boulder County Public Health. Panelists will include representatives from Mental Health Partners, Boulder Community Health and Boulder Valley School District.

• **March 21, 2018: The Toll of Emotional Trauma**
Presented by Janine D'Anniballe, Ph.D. licensed psychologist and a nationally recognized trauma expert,

who currently serves as Director of the Trauma Center at Mental Health Partners.

• **April 30, 2018: Dealing with Addictions**

Presented by Ann Noonan, Director of the Substance Use Disorder Center at Mental Health Partners. Panelists include: Danny Conroy, CEO of the University of Colorado Collegiate Recovery Center; Denise Vinicioloni, Executive Director of the Methadone clinic; and Jim Geckler, CEO of the Harmony Foundation

• **May 2018- TBD**

About Mental Health Partners:

Mental Health Partners (MHP) 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

