

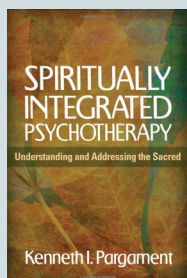


# Community UPDATE

HEALING  
is our purpose.

HELP  
is our promise.

HEALTH  
is our passion.



## Mark Your Calendars!

May 16 – 18, 2018

Dr. Ken Pargament, professor at Bowling Green University, author of the book “Spiritually Integrated Psychotherapy: Understanding and Addressing the Sacred” and recently named one of the 50 most influential living psychologists in the world, is coming to Boulder County to lead a free 4-workshop series titled: “Sacred Matters: Integrating Spirituality into Mental Health Care and Mental Health Care into Faith Communities.” The series is sponsored by several local community organizations, including Mental Health Partners, and will address stereotypes and misconceptions mental health professionals and pastoral counselors/clergy have of each other and how to correct them. RSVPs are encouraged by visiting <http://inmi.us/whats-happening-around-town/>.

## Examining the “Teen Brain” and Its Impact on Mental Wellness

The National Institute of Mental Health points out that the adolescent brain is well prepared to adapt to technology and is shaped in turn by experience. All the substantial changes the brain experiences explain why adolescence is the time when many issues including problematic ones, such as suicide and binge drinking, emerge. Statistics from Mental Health Colorado indicate that in Boulder county 15.6% of high schoolers have seriously contemplated suicide. Also, more than 22% of students grades 9 through 12 report binge drinking, compared to a statewide average of 16.6%.

Fred Michel, MD, a child psychiatrist and Chief Medical Officer at Mental Health Partners, underscores that teen years can be tough years as young people experience more changes than any other time of their lives. Everything—bodies, brains, relationships, self-identity, vulnerability to the world around them—is changing. The demands of friends, family and school are often confounding and made even more complicated by sex, drugs and alcohol.

Jeannie Ritter, former First Lady of Colorado and longtime mental health advocate, emphasizes that mental wellness in all members of the family, especially teens, is the basis for healthier families and stronger communities, commenting, “Issues that teens face are issues families face and we, in turn, communities face. We as communities have the opportunity—and indeed, the obligation—to seek strength-based solutions.”

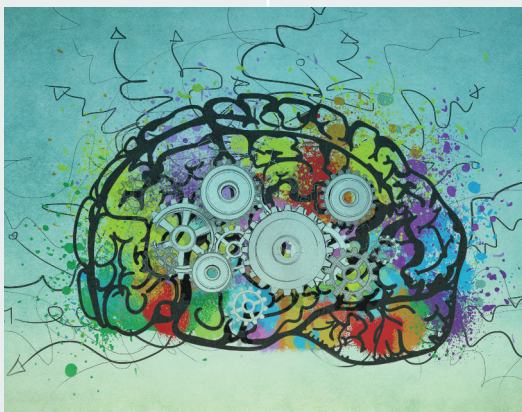
As part of a proactive, forward-looking strategy to address these issues, Jeannie will facilitate the last of the four-part series presented by the Boulder Valley Rotary Club, the Boulder Rotary Club, Mental Health Partners and Boulder Community Health Foundation, titled, “A Conversation about Opportunities and Challenges to Young People’s Well-Being.”

She will be joined by three other experts in the field: Karen Rice, MD., a psychiatrist at Mental Health Partners, who will highlight some of the most significant trends involving marijuana and young people; Michele Betts-Schultz, P.A., a physician-assistant at Mental Health Partners, who will talk about suicide protection which is a

different and improved method of preventing adolescent suicide as well as reducing depression and addiction problems for teenagers; and Natalie Trombly, manager of Mental Health Partners’ school-based programs, who will address teens and social media. This

panel format will encourage discussion among the panelists and audience.

“A Conversation about Opportunities and Challenges to Young People’s Well-Being” will be held on Tuesday, May 22 at the Jewish Community Center, 6007 Oreg Avenue in Boulder. The presentation is free and open to the public. Reservations are requested at [www.bch.org/lectures](http://www.bch.org/lectures).



### Connect with us:

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



MentalHealthPartnersCO



@MentalHealthCO



I'd like to be involved in MHP.



Mental Health  
PARTNERS

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.



## Fighting to Knock Out Mental Illness

Zach Lucas, one of the participants in the May 18th fundraising boxing event "Founder Fights" held at the music venue Pop Up on Walnut Street (formerly known as the Foundry), has selected Mental Health Partners as his nonprofit of choice. All proceeds pledged to him for the fight will be donated to MHP. "Mental health is something that deserves our attention," said Zach when asked why he selected Mental Health Partners. "Many of my friends and family have been afflicted, and it's not something that is as well funded as it needs to be, in many communities."

Zach is an accomplished musician who grew up in Belgium with three siblings and attended an international school, a mix that gave him an early appreciation of life's diversities. While attending Boulder High in the mid-90's, he played in bands that toured local ski areas. He was accepted into the New England Conservatory in 1999, and after graduating in 2003, he moved to New York City where he played and toured with a number of popular bands, and recorded with top artists. In 2014, he returned to Boulder. He's married with two children and works out of his music studio and tours with the Youngblood Brass Band.

His life, however, is more than music. Last year, he was determined to get into better shape to challenge himself, and started to train at the Corner Boxing Club in Boulder. This led him to participating in the "Founder Fights" fundraising event. He has set a goal of raising \$12,500 which will be used for MHP's teen suicide intervention and prevention initiative. To support his efforts, go to: [www.crowdrise.com/o/en/campaign/zach-fights-for-mental-health](http://www.crowdrise.com/o/en/campaign/zach-fights-for-mental-health). Tickets to the event are available at the Corner Boxing Club website [www.thecornerboxing.com](http://www.thecornerboxing.com).

## New MHP Website Improves Access to Services!

May is Mental Health Awareness Month, which happens to coincide with the launch of Mental Health Partners' redesigned website. The website can still be found at [www.mhpcolorado.org](http://www.mhpcolorado.org) but has been updated to a modern look and now includes significant features to improve clients' access to services, including an online registration form for clients. Visit it today to help [#endthestigma](#) and [#expandtheaccess](#).

