



Community UPDATE

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

March 2018

Join Us for a Kick-Off Event

To celebrate the official opening of Moving Beyond Trauma, as well as the legacy of Moving to End Sexual Assault (MESA), Mental Health Partners is hosting its Brave, Bold, and Beautiful event on Thursday, April 5 from 5:00 p.m. to 7:30 p.m. at 1333 Iris Avenue in Boulder.



Sponsored by Elevations Credit Union, the event will include several multi-media experiences, including hearing client stories, learning about trauma treatment modalities, a silent auction, complimentary hors d'oeuvres, and more. The event is free and open to the public. RSVP to info@movingtoendsexualassault.org.

Moving Beyond Trauma: Healing Mind, Body and Spirit Offers Innovative Approach to a Pervasive Mental Health Issue

Traumatic events—accidents, natural disasters, and crimes among others—surround us. Any terrible event can trigger an emotional response that may have long-term and potentially devastating impact on a person's well-being. An estimated 89% of the U.S. population has experienced at least one traumatic event in their lifetime. These include events that may have taken place years ago during childhood, such as verbal or physical abuse by an adult, bullying, physical or emotional neglect, divorce, domestic violence, or caregiver substance use. Untreated psychological trauma can lead to problems such as depression, substance abuse, post-traumatic stress disorder (PTSD), or borderline personality disorder.

In response to the community's need for high quality, trauma-specific counseling services, Mental Health Partners launched the Moving Beyond Trauma: Healing Mind, Body and Spirit program in May 2017. The program's goal is to provide comprehensive, holistic treatment for children and adults who have experienced any type of traumatic event and are now experiencing related symptoms (e.g., difficulty sleeping, troubling memories, struggling with relationships). Moving Beyond Trauma clinicians are trained in evidence-based and evidence-



Moving Beyond Trauma
HEALING MIND, BODY AND SPIRIT

a program of Mental Health Partners

informed practices and have expertise in helping people to resolve trauma symptoms.

"For many years, we have treated the downstream effects of trauma, stress, depression and others," said Janine D'Anniballe, PhD, Director of Moving Beyond Trauma. "Trauma-focused care helps us get closer to the root-cause and work to resolve the underlying issue. It's important that community members recognize the impact of trauma on their own lives—even if the event(s) took place decades ago-- and realize that healing is possible."

Since opening Moving Beyond Trauma, the program has grown rapidly, and now includes six therapists seeing more than 200 clients. To accommodate this growth, MHP is in the process of developing a dedicated space for Moving Beyond Trauma at its Lafayette location at 1455 Dixon Avenue. Until the project is complete, services will continue to be provided at 1333 Iris Avenue in Boulder. D'Anniballe is also confident that as the community learns about MHP's new resource, the volume will continue to increase.

Learn More About the Impacts of Trauma

If you would like to learn more about how trauma impacts our community and individuals, Janine D'Anniballe, Ph.D., Director of Moving Beyond Trauma, will be the featured presenter in the third of a series about mental health in Boulder County sponsored in partnership by Mental Health Partners, Boulder Community Health, the Boulder Valley Rotary Club and the Boulder Rotary Club. D'Anniballe, a nationally recognized expert in the neurobiology of trauma, trauma-informed care, and sexual assault, will address this complicated topic in an interesting and understandable way. We invite you to join us!

Wednesday, March 21, 2018 at 6:30 p.m.
Jewish Community Center- 6007 Oreg Ave. in Boulder
Please register at bch.org/lecture



Connect with us:

www.mhpcolorado.org



MentalHealthPartnersCO



@MentalHealthCO



I'd like to be
involved in MHP.

☐ 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.



Healthy minds, healthy lives, healthy communities

1455 Dixon Avenue

Lafayette, Colorado 80026

Generous Contributions Help Fund *Moving Beyond Trauma* Facility Dog

The family and close friends of Bridget Johnson Winsor experienced a tragic loss last year when she died by suicide. Searching for ways to help other community members who might be at-risk, her siblings and friends turned to Mental Health Partners for suggestions. Conversations ensued, until an "ah-ha" moment occurred during a discussion of the organization's innovative Moving Beyond Trauma: Healing Mind, Body and Spirit program and its hope to acquire a facility dog. Within minutes, her siblings and friends committed to fund, noting that Bridget had adored dogs. What better way to honor her and, at the same time, provide a resource that would assist others with similar struggles?

Now, thanks to their generosity, a facility dog will be coming to Mental Health Partners, once it completes its extensive and rigorous training. Janine D'Anniballe, Moving Beyond Trauma Director, will be the dog's handler and is hoping its arrival date is soon, commenting, "We have to wait patiently because the training is so intensive and the demand is so high. However, it will be worth the wait because the dog will bring an extra-special dimension to the care we provide."

For clients receiving trauma services, a facility dog will have a significant impact that cannot be achieved by any other intervention. Facility dogs have demonstrated a

unique ability to elicit positive emotions, reduce anxious arousal, and act as a secure base. Trauma treatment requires a deep and often painful exploration of traumatic experiences and impact in each client's life, so the security and comfort provided by a facility dog can be an invaluable addition to the treatment process.

While there are some animal-assisted therapy programs in the area, there are no such programs in a community behavioral health setting. Thus, the Moving Beyond Trauma's facility dog program will be the only one of its kind offered to individuals in our community regardless of payer source or ability to pay. "The dog will be a social facilitator that can connect with people in ways that therapists cannot and help clients break out of the isolation and despair they frequently experience," said D'Anniballe. "We are so incredibly grateful for the generosity of this wonderful family and their friends who so keenly understand from their own experiences the difference this dog can make."

Contributions can make possible programs and services at Mental Health Partners that might otherwise be impossible to provide. For information about gift opportunities, call (303) 545-0842 or email philanthropy@mhpcolorado.org.

