

The Breeze

Dear and Precious Work

RWC Education and Resource Lab supervisor Bruce Levy spoke to *The Breeze* about his 27 year tenure at Mental Health Partners . . .

The Breeze: Bruce, last month marked your 27th anniversary at MHP. How did you end up working here?

Bruce Levy: It was 1991. I had moved to Boulder from Florida where I had earned my Masters degree in Counseling Psychology and worked for a community mental health center. Having experience in both inpatient and outpatient settings, I got hired as a mental health worker at what was then Cedar House (eventually Warner House). The following spring, I transferred to WAT Business Services ("The WATshop"), where I helped clients with their vocational rehab needs for over twenty years before finally moving to the Chinook program in 2013.

TB: What was MHP like "back in the day"?

BL: Like Boulder in general, I found it to be an incredibly enlightened place! MHP (then MHCBC - Mental Health Center of Boulder County) offered so many more services and supports for clients than the center I worked for in Florida. MHP (like now) was on the cutting edge of innovations in mental health treatment, including one new program that was still in its infancy, the Chinook Clubhouse. Working at WAT over the years, I frequently collaborated with the staff of the Clubhouse and got to know and serve many of it's members. So when an opportunity arose to join the Chinook program five years ago, I was naturally very excited and honored.

TB: Tell us about the Education and Resource Lab at the Ryan Wellness Center . . .

BL: Love to! The Lab is located in the east wing of the first floor of the RWC. We have over a dozen computers available for clients to use where they can apply for jobs or housing, check their e-mail, catch up with friends via social media, or just relax by playing a game or watching

an entertaining video. We have printing, copying, faxing, and scanning services available and are always here to assist folks, be it a quick question or more extensive computer instruction. But what I really like to talk about is the Lab environment and experience. We always try to make folks feel welcome, comfortable, safe, respected, and accepted. The Lab has evolved into a community where newcomers are helped by Lab "regulars" as well as by staff and the atmosphere tends to be positive, energetic, and supportive. I believe that the community feel at the Lab very much continues and honors the tradition and spirit of the Chinook program, and for that I am very proud and gratified.

TB: Bruce, we know that this work can be intense at times. At age 67, what sustains you and keeps you going?

BL: That's simple . . . I know of no other profession where I get to connect with people so deeply and give and receive so much love every single day. This is dear and precious work and I am privileged to do it. And going

out on the town with some friends for a fun night of rock and roll helps recharge the batteries too!

TB: Finally, anything you've learned in your long mental health experience that you want to share with us?

BL: In our culture, there seems to be a belief that we can and should be *happy all the time*, and if we're not then something is wrong with us that needs to be changed or fixed. My experience is that no emotion (whether "positive" or "negative") is permanent. Feelings flow like a river or the weather. Our range of feelings are like the colors on an artist's palette - it takes them all to paint a masterpiece (or a life). The key to emotional health is not happiness, but wholeness!



The RWC Social Club Rocks!

Out to The Movies

Tuesday, July 3



Leaves RWC at 3:00 pm

Cost is \$4.00 • Sign-up starts June 27th!

Dead Sea Scrolls

at the Denver Museum of Nature and Science

Saturday, July 7th

Leaves RWC at 1:30 pm



Sign-up starts June 27th!

Denver Botanic Gardens

Thursday, July 19th

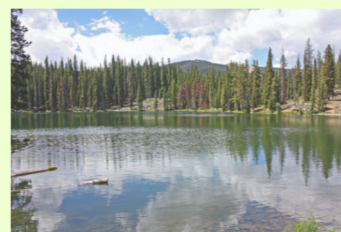


Leaves RWC at 10:30 am

Sign-up starts July 11th!

Trip to Lost Lake

Saturday, July 21st



Leaves RWC at 9:00 am

Sign-up starts July 11th!

Boulder Dinner Theater – Little Mermaid



Coming in August!

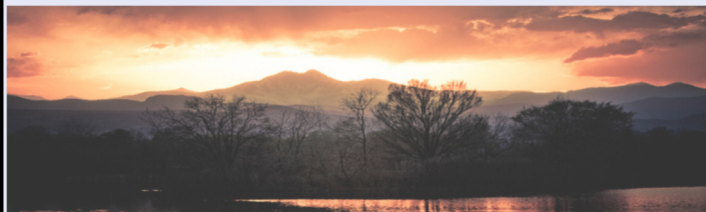
Exact Date and Time To Be Announced



Referral and orientation required to go on Social Club outings
For more info, contact Cameron Smith (casmith@mhpcolorado.org)

RWC Happenings

Safe Harbor



Nondenominational Spirituality Group

Monday, July 9th at 10:45 am



Hike It Out!

Fridays 9:30 am

Hiking for symptom management - all fitness levels welcome!

More info: Christine
303-402-8017

August

Social Event Planning

*Wednesday
July 18th
1:00 pm
in the
Computer Lab*

Help us choose the Social Events for August!

Life Goals

**Wednesdays
11 am - Noon**



Topics change monthly!
For more info, contact
James at 720-854-8527

Calm Waters

*Mindfully connect to nature
with poetry . . .*

Mondays 2 - 4 p.m.



No writing experience needed - call
James at 720-854-8527 to reserve a spot!

Yoga for Everyone

**Tuesdays
2:00 - 3:00 pm**

More info:
Christine
303-402-8017



In the Chinook Cafe

Monday July 2nd at 1:00 pm

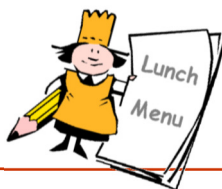
**Come say goodbye to Program Supervisor
Sera Anderson, who is leaving MHP for another job!**

Benefits Open Hours

**Tuesdays: 9-11:30 am & 1-4 pm
Thursdays: 9-11:00 am & 2-4 pm**

More info: 303-247-8750

July 2018



Chinook Cafe

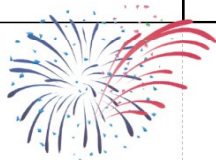
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Shepherd's Pie	3 BBQ Chicken	4 CLOSED	5 Cod Cakes	6 Sloppy Joes	7
8	9 Grilled Steak Salad	10 Chicken Tikka Masala	11 Deli Sandwiches	12 Steamed Mussels	13 Beef Burger	14
15	16 Caprese Chicken	17 Grilled Fish Tacos	18 Breakfast for Lunch	19 Chicken Picatta	20 Pulled Pork Sandwiches	21
22	23 Jerk Chicken	24 Beef Chili	25 Pizza	26 Chicken Parmesan	27 Buffalo Chk Salad Sand.	28
29	30 Grilled Pork Chops	31 Mexican Stuffed Peppers	Vegetarian Options Available	Lunch Served 11:30 am—1:00 pm		



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:45-11:45: Safe Harbor 2nd Monday Only 2-4 Calm Waters Poetry Workshop	9-11:30 and 1-4: Benefits Open Hours 11-12: ADHD skills—Smart but Scattered 1:15-3: Creating Wellness through Art 2-3: Yoga	11-12: Life Goals See back of calendar for topics this month	9-11 and 2-4: Benefits Open Hours 10-12:30: CHAT—Housing Advice 11-12 Anxiety and Stress Management	9:30 - 11:30 Hike It Out Please check with the front desk if the weather is unfavorable.

July 2018

Su	Mo	Tu	We	Th	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Mental Health Partners will be closed July 4th. Crisis services will continue to be available.



Wellness @ Ryan Wellness Center:
1000 Alpine, Boulder; 303-443-8500

-Classes are open to adult MHP clients & are drop-in, unless indicated.

-Classes covered by Medicaid. Other insurances & self-pay may have a fee, and cost to participant.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 Lab Open 8:30-4 Ice Cream Social 1:00  Calm Waters 2:00	2 Lab Open 8:30-4 Out To the Movies 3:00 	3 Lab Open 8:30-4 CLOSED  Happy 4th of July!	4 Lab Open 8:30-4 Dead Sea Scrolls 1:30 	5 Lab Open 8:30-4 Safe Harbor 10:45  Calm Waters 2:00	6 Lab Open 8:30-4 Denver Botanic Gardens 10:30 	7 Lab Open 8:30-4 Lost Lake 9:00 
8 Lab Open 8:30-4 Calm Waters 2:00	9 Lab Open 8:30-4 Yoga for Everyone 2:00	10 Lab Open 8:30-4 Life Goals 11:00 Social Event Planning 1:00 	11 Lab Open 8:30-4 Calm Waters 2:00	12 Lab Open 8:30-4 Hike It Out! 9:30	13 Lab Open 8:30-4 Calm Waters 2:00	14 Lab Open 8:30-4 Calm Waters 2:00
15 Lab Open 8:30-4 Calm Waters 2:00	16 Lab Open 8:30-4 Yoga for Everyone 2:00	17 Lab Open 8:30-4 Life Goals 11:00	18 Lab Open 8:30-4 Calm Waters 2:00	19 Lab Open 8:30-4 Hike It Out! 9:30	20 Lab Open 8:30-4 Calm Waters 2:00	21 Lab Open 8:30-4 Calm Waters 2:00
22 Lab Open 8:30-4 Calm Waters 2:00	23 Lab Open 8:30-4 Yoga for Everyone 2:00	24 Lab Open 8:30-4 Life Goals 11:00	25 Lab Open 8:30-4 Calm Waters 2:00	26 Lab Open 8:30-4 Hike It Out! 9:30	27 Lab Open 8:30-4 Calm Waters 2:00	28 Lab Open 8:30-4 Calm Waters 2:00
29 Lab Open 8:30-4 Calm Waters 2:00	30 Lab Open 8:30-4 Yoga for Everyone 2:00 Little Mermaid at Boulder Dinner Theatre - Coming In August!!!					
<p>The Breeze, a newsletter of the Ryan Wellness Center and Norton Center for Behavioral Health, is a collaborative effort of staff and students of the MHP Supported Training and Education Program, and is designed and printed at the RWC Education and Resource Lab.</p> <p>For more info, contact Bruce Levy at 303-545-0835 (blevy@mhpcolorado.org)</p>						