



# Community UPDATE

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

## Be Empowered. Be Engaged. Be 1 of 4098

Mental Health Partners' (MHP) new "Be 1 of 4098" suicide prevention campaign has set a goal of educating 4,098 individuals by December 2019 on how to recognize the warning signs of someone contemplating suicide and how to effectively respond and intervene. Suicide prevention trainings empower communities by providing valuable information that is easy-to-understand and convenient to access.

Why 4098? If MHP trains 683 individuals per quarter – the same number of individuals who died by suicide between 2006-2016 – for six quarters (starting September 2018), 4098 total individuals will be trained by December 2019. In short, for every person who died by suicide during this timeframe, we are committed to training six people about how to prevent future suicides.



### Help us reach our goal of 4098!

To register for an upcoming training or receive more information, visit [mhpcolorado.org/training](http://mhpcolorado.org/training).

MHP is also able to design custom trainings to engage participants of all ages and backgrounds to fit the needs of companies or community groups. Scholarships for individuals may be available. For more information, please contact the MHP Training Team at [mhplearns@mhpcolorado.org](mailto:mhplearns@mhpcolorado.org).

Community members can select from one of four expert-led suicide prevention trainings - each one specifically tailored to fit every person's interest, time-commitment and financial ability.

#### Question Persuade Refer (QPR)

Length of Course: 1-Hour | Cost: \$10

This concise, but informative, course teaches individuals to recognize the warning signs of a suicide crises and how to question, persuade, and refer someone to help.

#### SafeTALK Length of Course: 4 Hours | Cost: \$25

Individuals learn valuable intervention resources and tools to identify and avert suicide risks.

#### Mental Health First Aid (MHFA)

Length of Course: 1 Day (8 hours) | Cost: \$35

Similar to how a person learns "first aid" to help those in a medical crisis, this course is designed to teach individuals how to assist someone experiencing a mental health or substance use-related crisis.

#### Applied Suicide Intervention Skills Training (ASIST)

Length of Course: 2 Days (16 hours) | Cost: \$220

This interactive workshop 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.



Hi, I'm Fievel the Facility Dog!

I've only been working at Moving to End Sexual Assault (MESA) and Moving Beyond Trauma: Healing Mind, Body and Spirit at Mental Health Partners in Lafayette, CO for a few months, now, but I can tell I've already helped a lot of people. Sometimes people come into the waiting room looking nervous and sad. That's when I know exactly what to do! I walk up to them, rest my head in their lap and lick their hands. That makes them smile immediately. And I know I've made their day a little brighter.

That's not the only thing I'm good at though. I know 40 commands. That's right, 40! Need me to get your purse for you? I've gotcha covered. Want me to open that door? Can do! My training

at Canine Companions for Independence was no walk in the park (though I love walks in the park!), but I passed with flying colors and now get to do the work that I love to do every day. I hope I can meet each of you sometime soon. Then I can show you a few of the cool tricks I can do. Or we could just snuggle, and you can give me a good belly rub. And maybe I can give you a kiss too!

To learn more about me, and my work at MHP, please visit our website at [mhpcolorado.org](http://mhpcolorado.org) or you can follow me on my brand-new Instagram account: @FievelTheFacilityDog.

Have a great day! - Fievel



#### Connect with us:

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

MentalHealthPartnersCO

@MentalHealthCO



Yes! I want to contribute to Mental Health Partners!



Healthy minds, healthy lives, healthy communities

1455 Dixon Avenue  
Lafayette, Colorado 80026

- Use this contribution for the suicide prevention education campaign.
- Use this contribution where most needed.
- Other \_\_\_\_\_
- Send me information on bequests and deferred gifts for MHP

Enclosed is my tax-deductible charitable contribution of: \$ \_\_\_\_\_  
(Make checks payable to MHP)

I would like to use my credit card to make this gift:  VISA  MC  AMEX

ACCOUNT # \_\_\_\_\_

EXP. DATE \_\_\_\_\_

CRV # \_\_\_\_\_

**Mail To:** Mental Health Partners, 1455 Dixon Ave.  
Suite 300, Attn: Casey Riley, Lafayette, CO 80026  
Or visit [www.mhpcolorado.org](http://www.mhpcolorado.org) and click on DONATE to contribute online.



To sign-up to receive information about MHP electronically, visit [www.mhpcolorado.org/community](http://www.mhpcolorado.org/community).



The 14 runners pose for a quick picture at the South Mesa Trailhead prior to tackling the Boulder Skyline Traverse.

## Boulder Skyline Traverse Challenge Raises \$14,008 for Suicide Prevention Education

Saturday, August 25th: dawn was just peeking over the eastern horizon when 14 intrepid runners took off on the 16.3-mile Skyline Traverse Challenge. During the next several hours, the participants tackled the city's five tallest peaks--South Boulder Peak, Bear Peak, Green Mountain, Flagstaff Mountain and Mount Sanitas--that together have an elevation gain of more than 6,300 feet.

In addition to training for this Challenge, they have been actively raising contributions to support suicide prevention education throughout Boulder and Broomfield counties. Though the first team to reach the event-end at the Ryan Wellness Center was Zach Roth and Mike Priddy with the

unofficial time of just over 4 hours and 35 minutes, the official Challenge Winner was the team of Diana Fields and Mark Griswold. Together, they raised \$3,626, outpacing the second-place team of Bill Briggs and Dave Irwin who raised \$2,455.

In total, \$14,008 was raised to help launch Mental Health Partners' new "Be 1 of 4098" suicide prevention campaign. These funds will help provide scholarships to individuals to receive trainings, as well as develop educational resources in Spanish and expand support groups around loss and interventions/crisis interventions in schools.



Christine Dykema, former MHP clinician, shares a personal story about the impact of suicide on her life personally and professionally. Christine was one of the MHP staff members who encouraged funds raised from the Challenge be devoted to suicide prevention efforts.



Thank you to everyone who contributed to this campaign, the runners who participated and to Under the Sun Eatery & Pizzeria for hosting the

Challenge After-Party! Please check out pictures from the Challenge and After-Party on MHP's Facebook page: @MentalHealthPartnersCO.