



# Community UPDATE

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

October 2018

## Navigating Teen Depression – First of Young Minds MATTER Lecture Series to Take Place October 17th



Colorado Consistently  
Ranks in the Top 10 States  
for High Suicide Rates:

30%

of high school students  
report depressive symptoms

17%

of high school students  
report suicide ideation

7%

of high school students  
report at least one suicide  
attempt in the past year.

**We are here to help.**

If you, or someone you know, is  
in crisis, visit our 24-Hour Walk-In  
Center and Crisis & Addiction  
Services at 3180 Airport Road,  
Boulder or call 1 (844) 493-TALK.

*Navigating Teen Depression*, the first of the 4-part Young Minds MATTER lecture series, will take place on Wednesday, October 17th from 6:30-8:30pm at the YMCA of Boulder Valley (2800 Dagny Way, Lafayette, CO). The evening, presented through a partnership with HOPE Coalition of Boulder County and Colie's Closet, will feature a discussion with teen leaders from Boulder Valley School District high schools about depression and suicide. It is also a chance for young people and adults to have an honest, open conversation about the warning signs of suicide and for families to receive important resources and information.

**This discussion is free and open to the public, but space is limited so pre-registration is required by emailing [criley@mhpcolorado.org](mailto:criley@mhpcolorado.org).**

**RYDER'S FUND**  
ONE BY ONE



Ryder's Fund from YMCA of Boulder Valley has provided generous support for the Young Minds MATTER Lecture Series, which was created through a partnership by **Mental Health Partners, Hope Coalition and Parent Engagement Network**. The 4-part community lecture series focuses on teens and emerging adults' mental health, and how parents, educators, peers and community members can provide support and guidance in midst of a changing and complicated modern world.

The next lecture, *How Concussions in Youth Sports Can Lead to Mental Health Challenges*, will be on Thursday, November 1st also at the Boulder YMCA. Dawn Comstock, PhD, professor of epidemiology at the Colorado School of Public Health, will present information on how traumatic brain injuries is linked to depression and anxiety among young people.

The Young Minds Matter series will pick up again in January 2019 with two more lectures. For more information, please visit [mhpcolorado.org/community/lecture-series](http://mhpcolorado.org/community/lecture-series).



## Founders Legacy Salutes Major Donors, Introduces 4098 Campaign

The Founder's Legacy program honors people who have included Mental Health Partners in their estate plans, whether through specific bequests in wills, trusts that are currently paying an income, and or gifts of life insurance or IRA assets. At their annual luncheon last month, Founders Legacy



members learned about the importance of MHP's "Be 1 of 4098" suicide prevention education initiative from speakers whose own lives have been touched by suicide, including one whose lost a loved one to suicide and another whose live was saved from suicide by a timely intervention. Thank you to everyone who attended the luncheon and contributes to MHP's mission. If you are interested in joining our Founders Legacy, please email [philanthropy@mhpcolorado.org](mailto:philanthropy@mhpcolorado.org).

**Connect with us:**

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

 MentalHealthPartnersCO

 @MentalHealthCO



Yes! I want to contribute  
to Mental Health Partners!



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).

## MHP: In The Community

Mental Health Partners is proud to engage, participate and join the larger community advocating for comprehensive mental health and addiction recovery care in our neighborhoods, region and across the nation.

Here are some highlights from the past month of how MHP has engaged with our (your!) community.



### Fievel Meets Benefactors

Fievel, MHP's facility dog, and his handler Janine D'Anniballe recently met with some of the benefactors who provided the funds so he could join the MHP's Moving Beyond Trauma team. During the visit, he demonstrated some of the commands he used in his work with clients, such as getting them Kleenex, and enjoyed many neck and belly rubs! The contributions for Fievel, as well as funds to support MHP's suicide prevention education initiative, were made in memory of Bridget Winsor by family and friends.



### MHP Hosts Broomfield Chamber of Commerce After-Hours Mixer

As a proud member of the Broomfield Chamber of Commerce, Mental Health Partners was happy to host its September After-Hours Mixer at our Broomfield clinic. The Mixer, which about 50 people attended, included food and beverages, a short presentation by Broomfield Chamber of Commerce President and CEO Sam Taylor and MHP Interim CEO Hans Wiik, and a chance to "speed network." Thanks to Broomfield Chamber of Commerce for providing this opportunity to highlight information about MHP's services and programs with its members.

*Photos courtesy Flatirons Pro Media.*