

The Breeze

Home Sweet Home!

***Mental Health Partners Housing Team can help
you get and keep a place to live . . .***

Stable housing provides the foundation upon which people build their lives. Without a safe, affordable place to live, it is almost impossible to maintain good health or to achieve one's full potential. People with mental and/or substance use disorders can be particularly vulnerable to becoming homeless or being precariously housed, and are more likely to become homeless than the general population.

Serious mental illnesses disrupt people's ability to carry out essential aspects of daily life, such as self-care and household management. Poor mental health may also result in poor physical health, especially for people that are homeless. Some mentally ill people self-medicate using street drugs. This combination of mental illness, poor physical health, and substance abuse makes it very difficult for people to obtain employment and residential stability.

Even if homeless individuals with mental illness are provided with housing, they are unlikely to achieve residential stability and remain off the streets unless they have access to continued treatment and services. Research has shown that supported housing is effective for people with mental illnesses. In addition to a place to live, supported housing programs offer services such as mental health treatment, physical health care, education and employment opportunities, peer support, and daily living and money management skills training.

Mental Health Partners provides comprehensive housing services and assistance to its clients based on the Housing First approach and initiative. Housing First is a homeless assistance approach that prioritizes providing permanent housing to people experiencing homelessness, thus ending their homelessness and serving as a platform

from which they can pursue personal goals and improve their quality of life. This approach, called *Permanent Supportive Housing (PSH)*, is guided by the belief that people need basic necessities like food and a place to live before attending to anything less critical, such as getting a job, budgeting properly, or attending to substance use issues.

MHP has a number of partnerships throughout Boulder County, currently managing 330 vouchers, with programs at the Holiday Drive-In (Boulder Housing Partners), The Suites (Longmont Housing Authority), and Kestrel in Louisville (Boulder County). According to Housing Program Supervisor Jessica Ulrich, because MHP provides in-home services and support helping clients build the requisite life skills for independent living - skills such as housekeeping, using appliances, shopping, wellness/self-care, and money management - partnering landlords tend to be more patient and understanding as our clients adjust and learn how to live and thrive in their new homes.

The MHP Housing team is ready to assist you with finding, getting, and keeping stable housing. There are open hours to meet with the *Community Housing Advice Team* at Boulder's Ryan Wellness Center every Thursday morning and at Longmont's Coffman St. location on Wednesday mornings. At these "CHATs", you can talk to one of MHP's housing specialists and get started on the road to a new home and to recovery. Be it ever so humble, there's no place like home!

Sources: National Coalition for the Homeless, National Alliance to End Homelessness, Substance Abuse and Mental Health Services Administration (SAMHSA)



Holiday Fun With the RWC Social Club!

A Taste Of ...



Tuesday, December 4th

Leaving RWC at 12:30 p.m.



Cost is \$1.00

Sign up starts 11/28!



at Boulder Dinner Theatre

Thursday, December 13th

Leaving RWC at 5:00 p.m.

Cost is \$10.00

Sign up starts 12/5!

Holiday Light Tour

Thursday, December 20th

Leaving RWC at 4:30 p.m.



Free! Sign up starts 12/12!

Museum of Boulder

Thursday, December 27th

Leaving RWC at 1:00 p.m.



Free! Sign up starts 12/17!

Winter Coat Drive



Friday, December 7th

4:30 - 7:30 p.m.

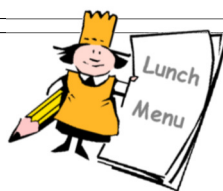
Help Rotary sort coats for the upcoming winter season and choose your own coat!






See Cameron or Bruce at the RWC Computer Lab

Referral and orientation required for all new participants on Social Club outings
For more info, contact Cameron Smith (casmith@mhpcolorado.org)

December 2018



Chinook Cafe

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Shepherd's Pie	4 Harissa Chicken	5 Breakfast Bagels & Lox	6 Fettucini Alfredo	7 Burger Day	8
9	10 Filo Pie	11 Beef W/ Noodles	12 Pizza Casserole	13 Meatloaf	14 Brats	15
16	17 Chef Salad	18 Enchilada Casserole	19 Grilled Cheese	20 Minestrone	21 Holiday Party	22
23	24 Closed 	25 Closed 	26 Kitchen Sink Casserole	27 Chicken Noodle Soup	28 Burger Day	29
30	31 Closed 	Menu subject to change	Vegetarian Options Available	Lunch Served 11:30 am - 1:00 pm		

Safe Harbor

Nondenominational
Spirituality Group

Monday, December 20th
10:45 am



Holiday Art Fair

Wednesday
December 5th
11am - 2pm
Colorado Rooms



For more info contact
James Huffman at
720-854-8527

RWC Computer Lab

- Twelve computers available for your use
- Computer support and instruction
- Print, copy, fax, and scanning services



Open Monday - Friday
8:30 am - 4:00 pm
RWC 1st Floor East

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For more info, contact Bruce Levy at 303-545-0835 (blevy@mhpcolorado.org)

May ***The Breeze*** be always at your back!