



Community UPDATE

HEALING
is our purpose.

HELP
is our promise.

HEALTH
is our passion.

Holiday Season Giving Makes an Impact All Year Long

During the end-of-year giving season, people often ask about the impact of their contributions on an organization, its mission and the people it serves. At Mental Health Partners (MHP), gifts are put to work in a variety of ways to help clients and the community, including prevention, education, direct services and post-vention support.

Here are a few examples of how philanthropy has made a difference in 2018:

- In memory of **Brigit Winsor** and her love of dogs, family members and friends contributed funds that made it possible for two MHP staff members to travel to California to be matched with Fivel a highly trained facility dog, provided by Canine Companions for Independence. He works about 20 hours each week on the Moving Beyond Trauma: Healing Mind, Body and Spirit program team, providing his own special form of TLC to clients.

- In 2018, MHP designated suicide prevention education and training as a main initiative. Our **"Be 1 of 4098"** campaign set a goal to train 4,098 Boulder/Broomfield County residents about the cue's and clues of suicide ideation, how to respond and where to get help by December 2019. Essential to the success of this program and reaching the goal number of individuals is MHP's cadre of expert and outstanding trainers. Thanks to several generous donors, MHP has been able to increase the number of trainers and skilled presenters. For information on signing up for an upcoming training or donate to this campaign, please contact Casey Riley at criley@mhpcolorado.org.

- When a local nonprofit organization learned there were monolingual Spanish speaking individuals in our community who could not afford MHP's suicide prevention training but were interested in attending, it stepped forward with a gift to provide 60 scholarships for Spanish suicide prevention trainings.



- A donor has established a Fund specifically to help clients meet unexpected financial obligations for basic necessities, such as food, shelter, clothing, medical care and/or transportation, which, if they went without, could jeopardize their journey to recovery. This year, this Fund has helped several clients receive critically-needed dental care, purchased orthopedic shoes, helped with initial rent down payments, and repaired several cars so clients could get to work.

- Thanks to contributions from several employees, clients at the Ryan Wellness Center enjoyed a bountiful Thanksgiving meal. Other contributions allowed the students at Halcyon School to have a fun, festive and filling holiday lunch.

- According to the National Institute of Child Health and Human Development, "Reading is the single most important skill necessary for a happy, productive and successful life". Now, thanks to the generosity of the **Boulder Valley Rotary**, Free Little Libraries are located at MHP offices in Boulder, Longmont, Lafayette and Broomfield. Each bench is full of books, thoughtfully selected by Barbed Wire Books, free for clients of all ages and interests to take and read.

As you can see, every gift MPH receives, regardless of size, is invested in its mission to support healthy minds, healthy lives and healthy communities. For more information on how to provide financial support that matches your interest in mental health or addiction recovery with programs and services at MHP, please call (303) 545-0842 or email philanthropy@mhpcolorado.org.

And from everyone at Mental Health Partners, have a wonderful holiday season and happy new year!





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 and click on
DONATE to contribute online.



To sign-up to receive information about MHP electronically, visit www.mhpcolorado.org/community.

Make a New Year's Resolution to Learn More about Youth & Mental Health

In this changing and complicated modern world, it is more important than ever for parents, educators, peers and community members to provide support and guidance to teens and emerging adults regarding issues that affect their mental health and wellbeing.

Mark your calendars for the final two lectures of MHP's 4-part community lecture series presented through a partnership with **Hope Coalition** and **Parent Engagement Network**, and with generous support by the **Ryder's Fund from YMCA of Boulder Valley**. All lectures are free and open to the public, but pre-registration by emailing criley@mhpcolorado.org is required.

Wednesday, January 9 | 6:30 – 8:00pm

Hosted at: Mental Health Partners' Ryan Wellness Center | 1000 Alpine, Boulder, CO
Topic: The connection between drug use and suicide in teens

Thursday, January 24 | 6:30 – 8:00pm

Hosted at: Mental Health Partners' Ryan Wellness Center | 1000 Alpine, Boulder, CO
Topic: How stress and strain affect youth.

Presented by Chris Bader, PhD, Director, Psychological Health & Performance, University of Colorado Athletic Department as part of Parent Engagement Network's annual Stress and Anxiety Symposium.



You Are Not Alone This Holiday Season

If you, or someone you know, is experiencing an emotional or psychological distress this holiday season, expert clinicians and peer support specialists at Mental Health Partners' Crisis Intervention Service can provide crisis interventions, de-escalations, assessments, resources and safety planning.

Call the 24/7
Statewide Crisis
Line: (844) 493-8255
Text TALK to 38255
Stop by the 24/7 Walk-
In Crisis Center at
3180 Airport Road
in Boulder.

Also, mobile crisis response team is available to respond to someone in a crisis in the community or private setting. Mobile assessments can avoid the possibility of law enforcement involvement and/or long, expensive psychiatric hospitalizations. **Contact the mobile response team at (303) 447-1665.**