



Community UPDATE

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

Connecting with Our Community with Compassion and Care

For the past fifty years, Mental Health Partners has been a proud cornerstone of our community, providing families, and individuals, in Broomfield and Boulder counties comprehensive and compassionate mental health and addiction recovery services. We also value our connections with community members, partners and donors through engaging in community activities, such as hosting and attending events, providing expert-level training and participating in other community awareness and educational opportunities. Here is a look back on some of these community connections from 2018.

Thank you to everyone who supported us this past year and we wish you, and your family, a Happy New Year!



Events that focus on our clients are always inspiring and enlightening! Over the holiday season, MHP hosted two client lunches, one for Thanksgiving and one for Christmas, for clients at Ryan Wellness Center. Traditional holiday food was prepared by the talented Chinook Café staff, providing clients a hearty and delicious meal and a chance to spread good cheer.



Additionally, the Ryan Wellness Center once again hosted MHP's annual Client Holiday Art Show where clients could showcase, and sell, their handmade gifts and items to staff, clients and the public. Susan, a MHP client, sold her handmade jewelry at this year's show.

"I do all kinds of arts and crafts every week...jewelry, soap and Christmas decorations. I like that they call it now 'art therapy' because it really is therapy."



In 2018, MHP participated in over 500 community events, providing valuable information, resources and education to community groups, individuals and partners. This included tabling at Boulder's LGBTQ Pride Festival and hosting the monthly Broomfield Chamber of Commerce After-Hours Mixer at our Broomfield Clinic.

MHP is always looking for new ways to connect with our community and clients. In 2018, we were excited to welcome Fievel as our new facility dog for our Moving Beyond Trauma program. Thanks to the donors, and Canine Companions for Independence, who helped make this furry addition possible!



Contributions by our generous donors this past year helped support a diverse number of mental health and addiction recovery services programs and initiatives. In 2018, we were excited to celebrate our wonderful donors during the annual MHP Appreciation Luncheon. We also are thankful for donors who contributed to our goal of raising \$20,000 for MHP's Boulder Skyline Traverse Challenge, a 16.3 mile that traversed the five peaks of Boulder's western landscape. This August 2018 event raised funds to help launch our new suicide prevention campaign, "Be 1 of 4098".





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.

➤
RSVP for
the Last MHP
Lecture of
4-Part Series

"How Stress and Strain Affect Today's Youth" Thursday, January 24 | 6:30 – 8:00pm

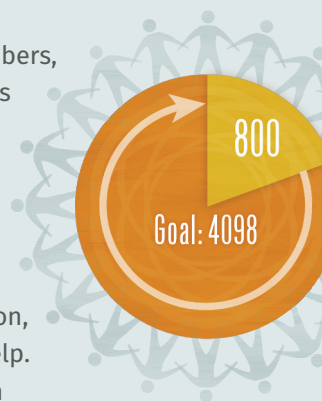
Presented through a partnership with **Hope Coalition** and **Parent Engagement Network**, and with generous support by the **Ryder's Fund from YMCA of Boulder Valley**, this lecture will take place at Mental Health Partners' Ryan Wellness Center (1000 Alpine, Boulder, CO).

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. The lecture is free and open to the public, but **pre-registration by emailing criley@mhpcolorado.org is required.**



"Be 1 of 4098" Campaign Set to Reach First 1,000 Individuals Trained

Thanks to engaged community members, dedicated staff and generous donors helping provide much-needed resources, MHP is well on our way to reach our goal of training 4,098 Boulder/Broomfield County residents by December 2019 about the cues and clues of suicide ideation, how to respond and where to get help. For information on signing up for an upcoming training or to donate to this campaign, please contact Casey Riley at criley@mhpcolorado.org.



Start the New Year With a Gift to MHP!

Every gift MHP receives, regardless of size, is invested in our 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.