The Breeze

Be 1 of 4098!

Mental Health Partners champions innovative suicide prevention initiative!

If you’ve been to the Ryan Wellness Center (or other MHP locations) in recent months, you may have noticed staff sporting buttons inscribed with a cryptic “Be 1 of 4098”. What’s this all about? Why 4098?

Between 2006-2016, 683 people died by suicide in Boulder and Broomfield Counties. We can prevent future suicides by educating individuals on how to recognize the warning signs of someone contemplating suicide and how to effectively respond and intervene. Mental Health Partners’ goal is to train 6 people for every 1 person who died by suicide during this time period. The hope is that this will create a community of support around those who experience suicidal ideation and for those who complete a training in suicide prevention.

Suicide prevention trainings empower communities by providing valuable information that is easy-to-understand and convenient to access. Four expert-led trainings are available to individuals or groups, ranging from one hour to two days in length. According to MHP Interim CEO Hans Wiik, “Since we launched the ‘Be 1 of 4098’ suicide prevention campaign in August 2018, we have now trained over 1,500 individuals. We know these trainings save lives and it is wonderful to see the increasing positive feedback about this campaign growing in the community!“.

If you, or someone you know, would like to participate in an upcoming training, please register at: www.mhpcolorado.org/training or email trainings@mhpcolorado.org for more information.
RWC Social Club Adventures!

**Afternoon Tea at The Dushanbe Tea House**

*Thursday - April 4th
Leaving RWC at 3:00 pm*

*Bring $4 Sign-up starts Wednesday 3/27!*

**Lunch in Ned**

*Saturday - April 13th
Leaving RWC at 11:00 am*

*Bring $12 Sign-up starts Wednesday 4/3!*

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**Chautauqua Hike**

*Tuesday - April 23rd
Leaves RWC at 1:00 pm*

*Free! Sign-up starts Wednesday 4/17!*

**Denver Zoo**

*Saturday - April 27th
Leaving RWC at 11:00 am*

*Cost $1 Sign-up starts Wednesday 4/17!*

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Referral and orientation required for all new participants
For more info, contact Cameron Smith (casmith@mhpcolorado.org)
# Chinook Café

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<th>Wed</th>
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<td>Turkey</td>
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<td>Sandwiches</td>
<td>Picadillo</td>
<td>For Lunch</td>
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<td>7</td>
<td>Salmon</td>
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<td>Pizza</td>
<td>Spaghetti</td>
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<td></td>
<td>Cordon Bleu</td>
<td>Stuffed Taters</td>
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<td>&amp; Meatballs</td>
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<td>Ham,</td>
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<td>Rice &amp;</td>
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<td>Beef &amp;</td>
<td>Fajitas</td>
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<td>Broccoli</td>
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- Lunch Served: 11:30 am - 1:00 pm
- Vegetarian Options Available
- Menu subject to change

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# Safe Harbor

**Nondenominational Spirituality Group**

- **Monday, April 8th**
- **10:45 am**

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# Knitty Gritty

**Knitting and Crocheting Group**

- **Fridays - 10:00 am**
- **RWC Classroom 1**
- **Open to all MHP clients**
- **Materials provided - beginners welcome!**

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# RWC Computer Lab

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

- **Open Monday - Friday**
  - **9:00 am - 12:00 pm**
  - **1:00 pm - 4:00 pm**
- **RWC 1st Floor East**
Mental Health Partners
Ryan Wellness Center
1000 Alpine Ave.
Boulder, CO. 80304
Phone:  303-545-0834
www.mhpcolorado.org

The Breeze is a publication for clients, staff and friends of MHP’s Ryan Wellness Center, and is designed and printed at the RWC Computer Lab. For more info, contact Bruce Levy at 303-545-0835 (blevy@mhpcolorado.org)

May The Breeze be always at your back!