

The Breeze

June is PTSD Awareness Month

Post Traumatic Stress Disorder (PTSD) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. It's normal to have upsetting memories, feel on edge, or have trouble sleeping after this type of event. At first, it may be hard to do normal daily activities, like go to work, go to school, or spend time with people. But most start to feel better after a few weeks or months. If it's been longer than a few months and someone's still having symptoms, they may have PTSD. For some people, PTSD symptoms may start later on, or they may come and go over time.

Any experience that threatens your life or someone else's can cause PTSD. These types of events are sometimes called *trauma*. Types of traumatic events that can cause PTSD include:

- Combat and other military experiences
- Sexual or physical assault
- Learning about the violent or accidental death or injury of a loved one
- Child sexual or physical abuse
- Serious accidents, like a car wreck
- Natural disasters, like a fire, tornado, hurricane, flood, or earthquake
- Terrorist attacks

Going through a traumatic event is not rare. At least half of Americans have had a traumatic event in their lives. Of people who have had trauma, about 2 in 10 women and 1 in 10 men will develop PTSD. It's more common to develop PTSD after certain types of trauma, like combat and sexual assault. Seeing the effects of a horrible or violent event can also be traumatic — for example, being a first responder after a terrorist attack. But there's no way to know for sure who will develop PTSD.

Here's the good news - treatment for PTSD works!

For some people, treatment can get rid of PTSD altogether. For others, it can make symptoms less intense. PTSD treatment can turn your life around — even if you've been struggling for years.

Mental Health Partners' *Moving Beyond Trauma* program serves children, families, and adults. Our expert staff provides a variety of treatments to help you build skills to cope with trauma's impact, cultivate hope, and find meaning in your life again. For more information, call MHP at 303-443-8500.



Source:
U.S. Department of
Veterans Affairs -
National Center
for PTSD

RWC Social Club Adventures!

Bowling in Longmont

Tuesday - June 4th

Leaves RWC at 3:00 pm



\$1 for 1st game

\$2 each
additional game

Sign up starts Wednesday 5/29!

NCAAR

Tour and Hike

Monday - June 17th

Leaves RWC at 11:30 am



Guided tour
at noon

Free! Bring a
lunch or eat
at the cafe

Sign up starts Friday 6/7!

Chatfield Farms DENVER BOTANIC GARDENS

Saturday - June 22nd

Leaves RWC at 11:00am



Beautiful gardens,
ranch, and more!

Free! Bring a lunch!

Sign up Wednesday 6/12!

Summertime in Ned

Saturday - June 29th

Leaves RWC at 10:30 am



Visit the Mining Museum
Hike the reservoir
Tour the shops
And more!

Free! Bring a lunch!

Sign up starts Friday 6/19!

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

June 2019**Chinook Café**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Vegetarian Options Available	Lunch Served 11:30 am - 1:00 pm	Menu subject to change				1
2	3 Indian Cuisine	4 Chicken Dinner	5 Breakfast for Lunch	6 Enchilada Casserole	7 Pulled Pork	8
9	10 Pork Chops	11 Steak Salad	12 Pizza	13 Stuffed Peppers	14 Burger Day	15
16	17 Thai Dinner	18 Huevos Rancheros	19 Pizza	20 Sweet & Sour Lentils	21 Breaded Chik Sandwich	22
23	24 Italian Wedding	25 Chinese Day	26 Pizza	27 Eggplant Parm	28 Burger Day	29
30						

Safe Harbor

*Nondenominational
Spirituality Group*

Monday, June 10th
10:45 am



Knitty Gritty

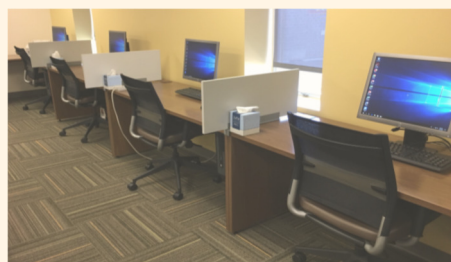
**Knitting and
Crocheting Group**

*Fridays - 9:30 am
RWC Classroom 1
Open to all MHP clients
Materials provided -
beginners welcome!*



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*

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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!