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!

**NCAR**
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 11:00 am

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

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
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<tbody>
<tr>
<td></td>
<td>Vegetarian Options Available</td>
<td>Lunch Served 11:30 am - 1:00 pm</td>
<td>Menu subject to change</td>
<td>5 Breakfast for Lunch</td>
<td>6 Enchilada Casserole</td>
<td>7 Pulled Pork</td>
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<td>16</td>
<td>17 Thai Dinner</td>
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<td>19 Pizza</td>
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<td>23</td>
<td>24 Italian Wedding</td>
<td>25 Chinese Day</td>
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### 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!

### Chinook Café

- **June 2019**
- **Menu**
  - Lunch Served 11:30 am - 1:00 pm
  - Menu subject to change
- **Specials**
  - 2nd Tuesday: 5 Breakfast for Lunch
  - 3rd Tuesday: Enchilada Casserole
  - 4th Tuesday: Pulled Pork

### 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!