Save the Date for Elevations Lecture Series

This fall, Elevations Credit Union is hosting a free, three-part lecture series in collaboration with Mental Health Partners as part of its support for increasing mental health care in the communities it serves. The lectures are from 6:00 p.m. to 7:30 p.m. at the Elevations Credit Union office 2960 Diagonal Highway. Visit Elevations Credit Union’s website (www.elevationscu.com/community/events-seminars) for more information.

Mark your calendars for the following topics!

Monday, September 9, 2019: What is Traumatic Stress? Strategies for Helping Children, Adolescent and Adults Heal
About 80 percent of people in the U.S. experience at least one traumatic event in their lives, ranging from accidents to interpersonal violence. Understanding trauma is an important first step in developing a compassionate and supportive community for survivors. In this general introduction to traumatic stress, Dr. Janine D’Anniballe, director of Trauma Services for Mental Health Partners, will describe the impact of sexual abuse, domestic violence and other psychological trauma on a person’s brain and body and explore strategies that help to promote healing.

Monday, September 16, 2019: Suicide Prevention Training: Question, Persuade, Refer (QPR)
On average, one person dies by suicide every seven hours in Colorado. Do you know the “cues and clues” to recognize when someone may be reaching out for help? This concise and information course taught by a Mental Health Partners expert-trainer teaches individuals how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Monday, September 23, 2019: Older Adults and Mental Health: Depression, Anxiety, Suicidal Ideation
About one in four adults 65 years or older experience some type of mental health concern not traditionally associated with aging. Sadly, far too many do not seek or receive the help they need. Join experts from Mental Health Partners who will talk about identifying mental health challenges, recognizing a crisis, understanding what you expect from a care team, and identifying available resources. This session is helpful for seniors and caregivers.

MHP’s Inaugural Community Breakfast A Success

“Each year, an estimated 1 in 4 Coloradans experience a mental health or substance use disorder. On average, symptoms appear in half of all the cases of mental illness by 14 years old.” These are just a few facts that were provided to the capacity-crowd at MHP’s Inaugural Community Breakfast on May 7, 2019. Elevations Credit Union served as the title sponsor of the Breakfast, which was held at Lionsgate Event Center and included guests from business, nonprofit, government and community-focused industries. While enjoying a delicious breakfast buffet, guests listened to an insightful program that included:

• Featured guest Lieutenant Governor Dianne Primavera discussing behavioral healthcare topics from the 2019 legislative session
• A moving story of hope and tragedy by two sisters who donated to MHP in honor of their sister who died by suicide

• An overview of MHP’s Moving Beyond Trauma program by its director, Janine D’Anniballe
• A special appearance by Fievel, MHP’s facility dog
• The premiere of MHP’s new corporate video

The two-hour breakfast, which also provided time for networking and served as a fundraising and community awareness event for MHP, was supported by over 25 sponsors, including title sponsor Elevations Credit Union. MHP’s hope is that this event will become an annual event each May, coinciding with National Mental Health Awareness Month, and a cornerstone in the ongoing efforts to create a community of health, hope and strength. Stay tuned for more information about the May 2020 Community Breakfast!
The second annual Boulder Skyline Traverse Challenge, a 16.3-mile run across the five peaks that form Boulder’s iconic backdrop, returns on Saturday, September 14th. Last year, the event raised nearly $15,000 for Mental Health Partners, with the team raising the most money declared the winner. This year’s goal is $20,000, which will be used to continue suicide prevention education in this region, especially focusing on youth and teens who are particularly vulnerable.

The run starts at the South Mesa trailhead, with a total ascent of 3,566 feet and a descent of 3,677 feet, ending at the Ryan Wellness Center in north Boulder. The post-run party and celebration will be held the evening of the event at a local eatery, at which time the winners in both the team and the relay divisions will be announced.

A new feature of the race this year is runners may participate in a two-person team or as a two-person relay. A maximum of 25 people is allowed on the trails at a time as part of this event, so early team registration is recommended! Several teams that participated last year have already committed to the 2019 event.

To register a 2-Person Team or Relay, please visit: www.mhpcolorado.org/2019-boulder-skyline-traverse