

MHP

Yes! I want to contribute to Mental Health Partners!

☐ 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](http://www.mhpcolorado.org) and click on DONATE to contribute online.

To sign-up to receive information about MHP electronically, visit [www.mhpcolorado.org/community](http://www.mhpcolorado.org/community).

Mental Health PARTNERS

Healthy minds, healthy lives, healthy communities

1455 Dixon Avenue  
Lafayette, Colorado 80026

## 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](http://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 can you expect from a care team, and identifying available resources. This session is helpful for seniors and caregivers.



# Community UPDATE

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

June 2019

Check Out  
Our New Design  
& Schedule!

## 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



[L-R] MHP Interim CEO Hans Wiik; Lieutenant Governor Dianne Primavera; Janine D'Anniballe, Director of Trauma Services at MHP; Fievel, MHP's Facility Dog; and Leslie Buck, MHP donor.

- 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 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!**



A capacity crowd filled the room to support and learn more about Mental Health Partners.



Dennis Paul, Vice President of Elevations Credit Union, introduced Lt. Governor Primavera during MHP's Community Breakfast.



Boulder County Sheriff's Office sponsored a table at the breakfast, with several law enforcement officers present and enjoying their warm breakfast.



MHP's seven values were personified with names and quotes from staff members were on display.

Connect with us: (303) 443-8500 [www.mhpcolorado.org](http://www.mhpcolorado.org) MentalHealthPartnersCO @MentalHealthCO

As a 501(c)(3), nonprofit organization, Mental Health Partners relies on community support to help us provide convenient, affordable and accessible mental health and addiction recovery services to individuals and families in Boulder and Broomfield counties. Together, we work towards a common vision of creating healthy minds, healthy lives and healthy communities.





## Teams Now Forming For 2019 Boulder Skyline Traverse Challenge

Adventure Run Raises Funds for  
Suicide Prevention Education

A group of runners gather at the start line for  
the 2018 Skyline Traverse Challenge, which launched  
MHP's "Be 1 of 4098" suicide prevention campaign

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 seniors who are particularly vulnerable.

The run starts at the South Mesa trailhead, with a total ascent of 5,417 feet and a descent of 5,494 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](http://www.mhpcolorado.org/2019-boulder-skyline-traverse)

## MHP Welcomes Legislators and Policy Leaders

On April 18, 2019, Mental Health Partners was pleased to provide Senator Cory Gardner a tour of the Ryan Wellness Center, followed by a roundtable discussion. During the tour, Senator Gardner viewed the various RWC programs in operation while also discussing MHP programs at other sites. The roundtable discussion was a productive dialogue on topics ranging from legislation connected to a veteran readiness program that would include mental health care, the need to expand access points to our services and increase tactics related to addiction recovery.



Michelle Barnes discusses behavioral  
healthcare with members of MHP's  
Senior Leadership team.

Following the Inaugural  
Community Breakfast on May 7,  
2019, Michelle Barnes, Executive  
Director of Colorado Department of

Human Services (CDHS), was hosted at  
Mental Health Partners' Lafayette offices for a sit-down to  
discuss current policies related to behavioral healthcare and  
how mental health and addiction recovery connects with CDHS' mission to collaboratively design and deliver high-quality health and human services to improve the safety, independence, and well-being of the people of Colorado. Barnes also took a tour of MHP's Moving Beyond Trauma space, which is currently undergoing \$250,000 in renovations.

Pictured L-R: Maigan Oliver, Director of Acute and Forensic Services;  
Kevin Braney, Director of Training and Employee Engagement;  
Linda Davis, Program Director for Client Access/Admission; Hans Wiik,  
Interim CEO; Michael Dow, Manager of Integrated Health Home;  
Jen Leosz, VP of Clinical Care and Senator Cory Gardner.

## Celebrating National Mental Health Awareness Month

### MHP Corporate Video Launched

*"Mental Health Partners has changed  
everything... having someone hear you and  
help you understand the care that you need  
in that moment is priceless. I couldn't have  
gotten through this without them."*

— Genavieve, MHP Moving Beyond Trauma Client.

Learn more about Genavieve's story, and other clients' journeys, in MHP's recently premiered corporate video, now available at [www.mhpcolorado.org](http://www.mhpcolorado.org)

### Suicide Prevention Remains Key Focus

In May, MHP provided over 200 community members a free one-hour suicide prevention training. Currently,

MHP is over halfway to our goal of training 4,098 people in suicide prevention "cues and clues" by December 2019! Stay updated on MHP's most current training offerings by visiting [www.mhpcolorado.org/training](http://www.mhpcolorado.org/training).

### Thank You, 9News!

Two members of MHP's Training Team - Director of Training Kevin Braney and Training Intern Sam North - were interviewed by 9News anchor Anusha Roy about myths and facts related to suicide ideation and prevention. The interview aired on May 2nd during the 7:30 hour on Channel 20 and the archived footage can be found by visiting [www.9news.com](http://www.9news.com) and searching "mental health awareness."

9News invited MHP  
to discuss suicide  
prevention on-air  
with anchor Anusha  
Roy. L-R: Anusha Roy,  
MHP staff Kevin  
Braney, Sam North  
and Kristina Shaw.



Community Update Will Now  
Arrive In Your Mailbox Quarterly!



## Gifts that Keep Giving

Jenny's son was a Mental Health Partners (MHP) client for years and every year, like clockwork, she made an annual contribution to MHP because she was so appreciative of the care he received. And, every year, she apologized for not being able to give more, explaining it was the best she could do on her limited retirement income. However, in her Will, Jenny designated a significant portion of her estate to MHP. This gift supported and enhanced MHP programs that were especially helpful to her son and will keep giving to clients for many years.

Gifts made through a Will or Trust cost nothing during a lifetime yet enable a donor to leave a lasting legacy. Donors may designate a cash amount or a percentage of the value of their estate.

The following are examples that can be used for unrestricted contributions and restricted use contributions. (This language is of a general nature and not intended as legal advice and should not replace the counsel of tax, legal or estate planning advisors).

### Unrestricted Gifts

Unrestricted gifts may be made to the operating fund of Mental Health Partners to be expended at the discretion Board of Directors to meet the charitable priorities of the Community Foundation and designated as follows:

*"I give \_\_\_\_\_ (dollar amount or percentage) to Mental Health Partners, a 501(c)(3) nonprofit organization, for its operating fund."*

### Restricted Gifts

Donors may designate their gift for a specific charitable interest area within Mental Health Partners:

*"I give \_\_\_\_\_ (dollar amount or percentage) to Mental Health Partners, a 501(c)(3) nonprofit organization. This gift shall be used for the benefit of (program or service)."*

To learn more about MHP's services or discuss estate planning options and opportunities, contact the philanthropy office at (303) 545-0842 or [philanthropy@mhpcolorado.org](mailto:philanthropy@mhpcolorado.org).

