



Mental Health PARTNERS

Healthy minds, healthy lives, healthy communities

The Healing Journey Continues



On March 22, 2021, our community experienced a violent tragedy at the Table Mesa King Soopers, resulting in the loss of 10 lives. MHP immediately responded with support on the ground and with the establishment and continued operation of the #BoulderStrong Resource Center, a facility dedicated to serving the residents, visitors, and first responders affected by this tragic event. As we reach two important milestones on our healing journey, the #BoulderStrong Resource Center continues to serve our community in powerful ways.

On February 9, 2022, the Table Mesa King Soopers reopened in South Boulder after undergoing a redesign aimed at honoring the victims and improving safety, and this March marked one year since the incident which was commemorated with a Day of Remembrance. Reaching these important milestones did bring a sense of peace and a step toward healing for some. However, research indicates that it is often 1-3 years after a

traumatic event when many individuals impacted begin to seek support to process the trauma. It is perhaps more important than ever that the #BoulderStrong Resource Center is here to serve our community.

The Center's trained professionals understand that people process grief and trauma differently. The goal is to find the right pathways to assist everyone's unique healing journey. This will be a long journey as we all heal together, yet our community is strong—and Boulder Strong is here for you.

With Gratitude,
The MHP Team

To learn more about the #BoulderStrong Resource Center and its impact, please see the following:

Longmont Leader with Julie Ratinoff

9News with Kristina Schostak

Get Connected: Mental Health Partners Outreach



Colorado
Spirit



Need a hand after the MARSHALL FIRE?

We can help.

Earlier this year, MHP was awarded the Crisis Counseling Program (CCP) grant, providing the means for immediate support to our community in response to the Marshall Fire. The CCP team serves as a group of non-clinical, supportive outreach workers who have the following primary goals:

1. Provide a supportive environment that develops companionship, comfort, hope, and resiliency;
2. Assist community members in navigating available resources for behavioral health, physical health, housing, food, caregiving, and other support;
3. Provide education on coping strategies to reduce stress, anxiety, and other mental health issues that have resulted from or been exacerbated by the Marshall Fire; and,
4. Connect community members with referrals or information about agencies, resources, and other sources of support.

Connect with the Outreach Team

Call the Warm Line



Send a Kid to Camp!



Summer camps promote social skills, activity and movement, and overall wellness for our clients. They also provide respite and wellness for caretakers. However, many local summer camps are not accessible to clients—especially youngsters and families—due to registration and enrollment costs. You can help! Help send a kid to camp this summer through a donation to our “Send a Kid to Camp” program. To donate, please click on the button below.

Questions? Contact Community Relations and Philanthropy at (303) 443-8500 or email philanthropy@mhpcolorado.org.

[Donate! Send a Kid to Camp!](#)

The Canine Classic



Canine Classic 5k Run/Walk

April 23rd - 30th

\$35

Includes T-Shirt!

Make A Difference!



Grab your running shoes and four-legged running partners! *Moving to End Sexual Assault* (MESA) is proud to present their annual Canine Classic 5K, a do-it-yourself run/walk fundraiser occurring the week of April 23– April 30. Complete your 5K and then celebrate your involvement in this event with an after party on Saturday, April 30 entitled Fievel’s Follies (named in honor of MESA’s Facility Dog, Fievel), held at 1455 Dixon Avenue in Lafayette from 10am-1:00pm. Fievel’s Follies is family- and dog-friendly and will feature a variety of vendors specifically catering to animal lovers (including dog treats, dog massage, pet photography, and more)! Sponsored by *Elevations Credit Union*, proceeds from The Canine Classic will benefit MESA, a not-for-profit program of MHP that has been serving as the sexual violence resource center for the Boulder County community since 1972.

[Register Here!](#)

Spotlight on a Peer Support Specialist - Finn Thye

“Hi there. I’m Finn, the Peer Support Specialist with MHP’s Broomfield Anxiety Intensive Outpatient Program (IOP). Being a Peer means I get to put my 30 years of experience at the service of people who struggle with similar symptoms to the ones I navigate. You see, my 30

years of experience are not as the clinician, but as the client. I have living experience that has merited multiple Serious Mental Illness diagnoses which have been compounded by severe substance use disorder. After using daily for 20 years, I have been clean for 18 months. I earned a Master's Degree in Linguistics and Cognitive Science, I was adopted as a linguist with the Northern Arapaho Nation, and I'm happily married with two young daughters.



How do I do it? Through the tools Mental Health Partners has given me, teaching me to stand. Standardized care like I got through very large insurance and medical service providers just didn't work in my case – so I fought them for a year to get permission to come to MHP. I did that because MHP doctors and clinicians custom-design treatment and listen to my own wisdom around my condition. It is a great relief to have found a care team who really values my insight on my own experience, just as it is truly a deep blessing to have found a work environment here at MHP where I get to be fully myself. All the experiences I have been ashamed of and tried to hide throughout my life, those have become my richest sources of healing for the anxiety-ridden and suicidal teenagers and adults with whom I work in the IOP.

To my amazement, I was nominated and selected for the National Council for Mental Wellbeing's first CCBHC Lived Experience Advisory Council, a national board of 6 peers advising Medicaid on standards for outstanding Certified Community Behavioral Health Clinics. I believe strongly in vulnerability as a form of protest to erode stigma, so I am very happy to speak for those who share my galaxy of traits and symptoms. I will stand up as proudly as I can for those of us who have historically gone unheard, grateful as I am for the help MHP has given me to stand.”

National Child Traumatic Stress Network



The National Child Traumatic Stress Network (NCTSN) is on a mission to raise the standard of care and improve access to services for traumatized children,

their families, and communities across the country. Our membership with the NCTSN affords our outpatient teams with the opportunity to do various types of trainings. So far this fiscal year, we have trained 50 people through trainings such as Trauma-Focused Cognitive Behavioral Health and Let's Connect (a parenting intervention that teaches caregivers to identify and respond to children's emotions needs and behaviors in a way that builds connections and warmth). Our partnership with NCTSN ensures that our clinicians are being instructed by leading experts in the field of child trauma so we can provide the greatest of service to our community.



Follow Mental Health Partners on Social Media!



Mental Health Partners
Call (303) 443-8500 to begin care
24/7 Statewide Crisis Line: (844) 4983-8255 or text TALK to 38255
www.mhpcolorado.org

Mental Health Partners | 1455 Dixon Ave, Lafayette, CO 80026

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