

- ☐ 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
☐ I would like for my full donation to go to Mental Health Partners. Please add 3% to cover the credit card processing fee.

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 and click on DONATE to contribute online.

To sign-up to receive information about MHP electronically, visit www.mhpcolorado.org/community.



1455 Dixon Avenue
Lafayette, Colorado 80026



Community UPDATE

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

September 2019

Mark Your Calendars for Moving Beyond Trauma's Grand Opening Events: October 8 – 17, 2019



Mental Health Partner's trauma-focused treatment center of excellence, Moving Beyond Trauma, is celebrating the completion of its newly renovated space. Everyone is welcome! Please see the adjacent list of events and visit www.mhpcolorado.org/moving-beyond-trauma-events to register and learn more.

Grand Opening Week

ALL EVENTS LOCATED AT 1455 DIXON AVENUE, LAFAYETTE, CO

08
OCT
AND
10
OCT

MORNING TOUR 8:00-9:00 AM | SUITE 210

Join us on October 8th and 10th for light refreshments and a tour of Moving Beyond Trauma's (MBT) newly renovated Center of Excellence. The tour will feature an overview of services, conversations with staff, giveaways, and a chance to meet Fievel, the facility dog.

LUNCH HOUR TOUR NOON-1:00 PM | SUITE 210

16
OCT

"SURVIVING THE NIGHTLY NEWS: THE Pervasiveness of Trauma in Our Daily Lives"

DOORS OPEN AT 5:30 PM; LECTURE BEGINS AT 6:00 PM | SUITE 300
TOURS/REFRESHMENTS FROM 7:15-8:00 PM | SUITE 210

Every evening, the nightly news includes stories with content that can lead to secondary traumatic stress and negatively impact our mind, bodies and spirits. Join Dr. Janine D'Anniballe, a nationally recognized expert in traumatic stress, for an intimate discussion about how the pervasiveness of trauma impacts our daily lives, and ways to cultivate resiliency. Following this conversation, stay for a tour of Moving Beyond Trauma's Center of Excellence.

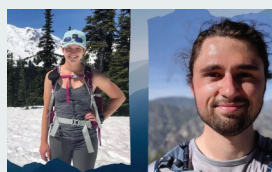
17
OCT

FREE TRAUMA-INFORMED YOGA CLASS

5:30-6:30 PM | SUITE 210

Join Rachel Stroud, yoga instructor, for a free trauma-informed yoga class at Moving Beyond Trauma's new Heart-Centered Yoga Studio. No prior experience with yoga required.

MHP "Jumps Into Fall" With Several Community Events!



Running For a Suicide-Safer Community

MHP's 2nd Annual Boulder Skyline Traverse event is taking place on Saturday, September 14th. Teams will

run a 16.3 mile trail to raise funds for MHP's Suicide Prevention Education Campaign, which provides funds for additional community training/classes in suicide prevention, developing suicide prevention education resources in Spanish, expanding support groups around loss, as well as crisis interventions in schools. The team who raises the most money wins!

Visit www.mhpcolorado.org/meet-the-teams to meet the teams, like Annika Rollock and Samuel Albert (pictured here) who are running because "mental health awareness and suicide prevention is incredibly important to both of us...because... it has shaped our families and college experiences."

Vote for MHP's "Star!"

We are proud to support Susan Bellas, MHP's Broomfield and Lafayette Clinics Program Manager (pictured here with instructor/dance partner, Justin Carter from Fred Astaire Dance Studio), as she participates in the 10th Annual Dancing with the Broomfield Stars on Thursday, September 26th at the 1stBank Center in



Broomfield. This annual event supports the grant-making programs of the Broomfield Community Foundation. The Star who raises the most money wins! The public can vote for the Mental Health Partners team by visiting: <https://one.bidpal.net/dwtbs/custom/custom7>. Over 1,000 people are expected to attend the event, with doors opening at 5:30

p.m. Guests can enjoy delicious food and craft brews served from a variety of local restaurants and breweries. For tickets and more information, please visit: <https://one.bidpal.net/dwtbs/welcome>.

Support Survivors At MESA's Brave, Bold and Beautiful Event

Brave Bold and Beautiful, a fundraiser for MESA, will take place at The Dairy Arts Center on October 23rd, 2019 from 5:30 to 8:00 pm. Join us for a night of music, art, food, prizes, and comedy by our host Vinnie Montez! All proceeds go to support our 24-hour hotline, prevention education, support groups and advocacy for survivors of sexual violence. Tickets available at tickets.thedairy.org/online/MESA.



Happy Anniversary, Fievel!

Fievel, Moving Beyond Trauma's Facility Dog, joined the team one year ago this summer! Fievel was bred and trained by Canine Companions for Independence to work with our team. Staff and clients are so happy Fievel is part of our team, as he is particularly skilled at giving support and comfort to anyone who meets him!

Follow the adventures of Fievel:

@Fievelthefacilitydog

Connect with us: (303) 443-8500 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.

MHP Reaches Key Milestone in Journey Towards Achieving “Gold-Standard” of Mental Health and Addiction Recovery Care

Mental Health Partners (MHP) has reached the next milestone in its journey towards becoming a Certified Community Behavioral Health Clinic (CCBHC), the “gold standard” in the delivery of mental health and addiction recovery care. This summer, the Substance Abuse and Mental Health Services Administration (SAMHSA) completed its review of MHP’s attestation submission and found sufficient evidence MHP is meeting the required criteria for the two-year, \$4-million dollar CCBHC expansion grant awarded to the organization last fall. Mental Health Partners is the first mental health center in Colorado, and only 1 of 52 in the nation, to be awarded this prestigious grant and subsequent attestation.



◀ Expert. Compassionate. Dedicated.

These are just a few words that clients use to describe Mental Health Partners staff daily. To celebrate the amazing service our staff provides every day both on the administrative side, like Juanita Lazcano [pictured], an Accounts Receivable Billing Specialist at MHP, and clinical side, MHP has unveiled a new short video which highlights how our staff makes the difference, and why they value working at MHP and the Boulder and Broomfield communities. View it today at: <https://youtu.be/WIXpsVqOdR0>.

MHP is now hiring seven Community Health Workers, four for Boulder County and three for Broomfield County, to support the full Community Health Worker program launch in January 2020. Lisa Staudenmayer (left) and Becky West (right) will be supervising the new staff. For more information and to apply, visit: mhpcolorado.org/about/careers.



Last fall, MHP outlined a robust strategy to demonstrate how the organization does, or will, meet the main criteria areas of staffing; access; care coordination; scope of services; quality and other reporting; and organizational authority and governance. Highlights of the strategy that were developed this past year include:

- Increased training in identified evidence-based practices, suicide prevention and intervention models, cultural responsiveness
- Enhanced addiction treatment credentialing
- A Community Health Worker program to outreach to military/veteran-serving organizations and the Hispanic/Latinx communities, with an emphasis on persons among these two populations who experience homelessness

Thank you, Micron Technologies!

- ▶ The winning team at this year’s Micron Technologies golf tournament earned the right to designate a non-profit organization to receive a contribution for the event. the team chose Mental Health Partners. They recently presented MHP with a check for \$4,524.60.
- [L to R]: Micron team members Russ Woodbury, Larry Koudele, Dean Krekos, Anita Ekren, Stuart Black and Carlos Romero; MHP representative Cindy Cohagen.



Together, we can save lives

MHP’s “Be 1 of 4098” campaign continues to impact the community by providing life-saving trainings which help make our community suicide-safer. Training staff have been hard at work these last few months training community members, non-profit organizations, religious institutions, and local businesses, including: Google, Dignity Hospice of Colorado, Out Boulder, YMCA of Northern Colorado, Peak to Peak

Housing and Human Services, Har Hashem Congregation. View upcoming trainings by visiting www.mhpcolorado.org/training.

The public is also welcome to attend a free suicide prevention training on Sunday, November 10th at The Refuge Church: 11600 Quay Street #200, Broomfield, CO 80020 from 3:00-4:30pm. Register today at: www.mhpcolorado.org/training/free-trainings.



Guest Opinion Column by Hans Wiik, Interim CEO at MHP, About Mental Illness & Gun Violence Featured in Daily Camera

As a leading behavioral health expert, Mental Health Partners, on occasion, takes the opportunity to weigh in on contemporary issues related to mental health or addiction recovery. The recent mass shootings in Texas and California provided an opportunity – unfortunately – to weigh in on one of these issues: the unfounded but perpetually-repeated link between mental illness and gun violence.

A guest opinion column by Hans Wiik, Interim CEO at MHP, published in the Aug 30th issue of the Boulder publication The Daily Camera provides insight and perspective on this important issue. The opinion is posted here or you can find it online at: <https://www.dailycamera.com/2019/08/30/opinion-hans-wiik-mental-illness-and-gun-violence-a-reality-check>.

Mental Illness and Gun Violence: A Reality Check

By Hans Wiik, Interim CEO at MHP

In the wake of recent mass violence, we are once again hearing the often-repeated sentiment: “Keep guns away from the mentally ill and we’ll stop mass shootings.” It is easy to buy into this thinking because it is difficult to imagine a mentally healthy person would deliberately kill multiple strangers. However, research has shown mass shootings occur for diverse and complicated reasons – many of which have nothing to do with mental status – and there is no factual evidence directly linking mental illness as a sole factor in mass violence.

However, as the recent Time magazine article, “The Dangers of Linking Gun Violence and Mental Illness,” points out, people from diverse backgrounds and political beliefs have consistently linked mental illness to mass shootings so much it has become an “illusory truth” – i.e. a false premise that is accepted as true. A 2016 study in the peer-reviewed Health Affairs journal randomly sampled 400 news stories about mental illness, including some from the country’s leading media outlets, and found 38% of the stories linked mental illness to interpersonal violence. Clearly, illusory truth is alive and well in the public’s perception of this issue.

The actual truth is people with mental illness are up to 25% more likely to be victims of violence than perpetrators and are more likely to harm themselves, often using a gun to end their own lives. According to the U.S. Centers for Disease Control and Prevention, two-thirds of the gun deaths in this country are not mass shootings but suicides. Last year, Mental Health Partners (MHP) provided services to more than 14,000 residents in Boulder and Broomfield counties. We have no record any of our clients have been involved in an act of mass violence. Unfortunately, some of our clients have tragically died by suicide, with easy access to firearms a key problem.

The widespread tendency to use simple cause-and-effect to link mental illness and gun violence may be an easy way to explain these tragedies and assign blame. But it provides no solutions and has at least three significant unintended consequences:

1. It contributes to the stigma of mental illness, causing people not to seek help from a mental health professional. This is exactly the opposite of what should occur! Individuals, communities and

society need to encourage those experiencing mental health issues to seek help, just as we would if someone had cancer, diabetes or heart disease.

2. It increases discrimination against people with mental illness. Although research has shown 46% of Americans will at some time in their lives experience a mental health issue, such as emotional trauma, depression or anxiety, a Kaiser Health poll found 47% of Americans were “very” or “somewhat” uncomfortable living next door to someone with a serious mental illness.

3. It creates a scapegoat mentality that hinders us from looking at the numerous other complex factors that lead to mass violence.

Fortunately, there are ways for us to break through this illusory truth and create real change in our communities. Mental Health Partners, the leading nonprofit and community behavioral health center serving Boulder and Broomfield counties, has embraced several of the National Council for Behavioral Health recommendations outlined its report, “Mass Violence in America” to reduce the threat of mass violence. These include:

- Provide Mental Health First Aid (MHFA), an eight-hour course that educates people how to respond to a mental health crisis, to all community members, including the marginalized.
- Collaborate with schools, universities and colleges to provide MHFA training for staff and faculty, implement peer-to-peer trainings and add mental health to school curriculums.
- Create and support broad community networks between law enforcement, schools, faith organizations, and others to collectively increase conversations about mental health and reduce stigma.
- Ensure these conversations emphasize most people with mental illness will never become violent and are, often, the most risk to themselves.

Mental Health Partners offers Mental Health First Aid and other similar trainings to individuals and groups. To register or for more information, please visit: www.mhpcolorado.org/training or email trainings@mhpcolorado.org. During the month of October, MHP will defray MHFA training costs thanks to proceeds raised from our 2nd Annual Skyline Traverse Challenge.

As the writer George Bernard Shaw wrote, “Beware of false knowledge – it is more dangerous than ignorance.” Now, more than ever, we need to come together for a reality check.