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.

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
- 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 __________________________
CVV # __________________________

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.

Yes! I want to contribute to Mental Health Partners!

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! Please visit www.mhpcolorado.org/dwts/custom/ to register and learn more.

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/dwts/custom/?. 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/dwts/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.thedairyarts.org/online/MESA.

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.

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, LAFFAYETTE, CO

- MORNING TOUR 8:00-9:00 AM | SUITE 210
- LUNCH HOUR TOUR NOON-1:00 PM | SUITE 210
- 10 Oct and 16 Oct

“SURVIVING THE NIGHTLY NEWS: THE PERVERSIVENESS OF TRAUMA IN OUR DAILY LIVES”
DOORS OPEN AT 5:30 PM; LECTURE BEGINS AT 6:00 PM | SUITE 300
REFRESHMENTS FROM 7:55-8:00 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’Annibale, 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 resilience. Following this conversation, stay for a tour of Moving Beyond Trauma’s Center of Excellence.

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.

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.

Mark Your Calendars for Moving Beyond Trauma’s Grand Opening Events: October 8 – 17, 2019
Together, we can save lives

MHP’s “Be 1 of 4098” campaign continues to impact the community by providing life-saving trainings that help make our community suicide-safer. Training staff have been hard at work these past 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 Mental Health Partners (MHP), the leading nonprofit and community behavioral health center serving Boulder and Broomfield counties, has embraced 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.