

- ☐ Use this contribution for the COVID-19 Relief Fund for Clients
- ☐ 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: Erin McMahon, 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



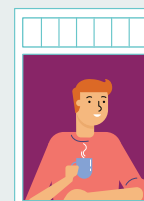
Community UPDATE

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

Fall 2020

Help “Welcome Home” Newly Housed Individuals

It is common for housing instability or insecurity to occur when someone is being challenged by mental health and addiction issues. As part of our whole-person care approach, Mental Health Partners' (MHP) Housing team helps connect clients with stable and transitional housing so they can create a new beginning in a new home. Below is a story of an individual who was just housed by our team!

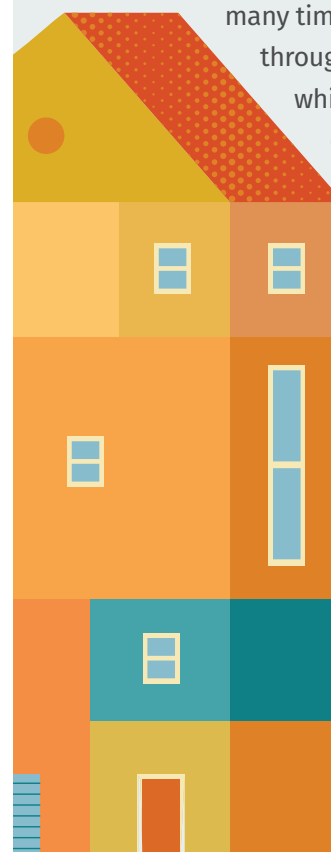


This past spring and summer, the MHP Housing team has housed close to 50 individuals. Many of these individuals were “chronically homeless” and had been living in places not meant for

human habitation, or homeless shelters, for a total of 12 months or more.

Unfortunately, as was the case with “Joe” and many of the other newly housed individuals, many arrive at their new living spaces very little possessions beyond the clothes on their back and no basics to turn it into a home. Our “Welcome Home Kits” are designed to give people a few basic items to help them with their transition from living on the streets to moving into housing. The kits include personal items (i.e. soap, shampoo, toothbrush, and toothpaste) and household items (i.e. toilet paper, dish soap, laundry soap, sponges, and dishtowels).

“Joe” is over 60 years old and has been homeless for over 20 years. He has spent much of that time living on the streets and under bridges and has been engaged in rehab many times during this period. Finally, through the “One Home” process - which matches vulnerable people experiencing homelessness with housing resources - Joe was able to get housed! This is a wonderful success of the “Housing First” model, which believes that when people get basic housing needs met, they are then better able to work on their health, mental health and relationship issues. Now that he is housed, he has been sober for 6-months, remains engaged in MHP services and has reunited with members of his family.



A simple donation of \$35 enables our staff to put together “Welcome Home Kits” so clients can truly have a warm welcome when they arrive in their new home. At this time, we are not accepting “in kind” donations for the kits, but donations can be made here: www.mhpcolorado.org/donate-today.

Hello, Misty!

Mental Health Partners has an innovative way to keep staff, and clients, healthy and safe during the pandemic. We have introduced “Misty”, a 2-foot tall robot to the Ryan Wellness Center (RWC). Misty conducts COVID-19 screening at the staff entrance, allowing the front desk staff to focus their attention on screening clients. When a person arrives at the staff entrance, Misty asks them a single screening question and takes their temperature. If the person passes, they will be allowed in. If they do not, a text will be sent to the front desk team to gather more information. Misty does not collect any personal health information! So far, Misty has been a welcome team member to RWC. One staff member noted that Misty provides a calming voice in the main area.



▶ The Ryan Wellness Center staff is excited to welcome its newest team member

MHP Staff Selected for Competitive Leadership Fellows Program

MHP Staff **Karen Rice, M.D.** - Assistant Medical Director; **Victor King** - Manager Recovery Coach; and **Alaina Beaulaurier** - Community Health Worker, were accepted into the 2020-2021 Leadership Fellows Boulder County program! This competitive program, which is heavily focused on transformational and inclusive leadership practices and sponsored by the Community Foundation Boulder County and the Boulder Chamber, draws applicants at all levels from local organizations in Boulder County with only 35 total selected to participate in the program.

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.

"I am so thankful to MHP Donors for purchasing a knee brace for me! The brace has helped me with mobility – something I have struggled with for several months. My self-care is gardening so having pain relief while walking and being in my garden has helped me tremendously."

Leane Vasquez, MHP Community Health Worker, is happy to be able to tend to her garden, again!



Community Members Making a Difference!

Our store supports Mental Health Partner's Warner House, where people suffering from mental illness are rebuilding their lives.

FOR MORE INFORMATION ABOUT THIS PROGRAM AND OTHER MENTAL HEALTH PARTNERS' SERVICES PLEASE VISIT: www.mhpcolorado.org

▶ **Luanne Bond, a Peer Support Specialist for MHP's Adult Respite program, connected with a local Starbucks to facilitate them donating food times to the Warner House Program, which provides respite care to MHP clients. Thank you to Luanne for making this connection and for amazing local businesses, like Starbucks, for helping our clients**

If you have a local business or have a specific idea about how to support MHP clients or staff, please contact Cindy Cohagen, Director of Philanthropy, at ccohagen@mhpcolorado.org.

Without Your Help, Our COVID-19 Relief Fund for Clients will Run Short of Funds

COVID RELIEF FUND
FOR CLIENTS

The pandemic, and its resulting impacts, have shown the importance of donor support even more. The generosity of our donors – both old and new since mid-March – has resulted in more than \$25,000 in gifts and grants for our COVID-19 Relief Fund for Clients. This fund was established with a rigorous application process to ensure funds were used to meet the emergent needs of clients whose recovery and well-being were jeopardized by unanticipated circumstances of the pandemic. To date, more than 112 clients have benefitted from this

fund. Funded items include:

- Phones for clients to stay connected to their therapists
- Medications and medical equipment, such as a nebulizer, to help clients avoid a medical crisis
- Necessity shoes and clothing for children
- School and art supplies; gasoline cards
- And more.

Our clients have shared with us that these simple, but important, items have turned their despair into hope. Unfortunately, these funds are rapidly being spent. Please help us avoid the fund being completely depleted by donating today! Each dollar will make a real and important difference in the lives of our clients with mental health issues whose worlds have been turned upside-down by the pandemic. You can donate securely online via this link: <http://weblink.donorperfect.com/Covid-19ReliefFund>.

3rd Annual Boulder Skyline Traverse Challenge Raises \$27,000 for Suicide Prevention Training and Education



On Saturday, Sept 12, 2020, seventeen teams participated in Mental Health Partners (MHP) 3rd Annual Boulder Skyline Traverse Challenge. Teams either completed the iconic 17-mile Boulder Skyline Traverse route or joined the "Couch Challenge" – a more relaxing, but still rewarding way, to spend the day! The end goal for all teams, however, was to raise money for MHP's suicide prevention training courses and education on anxiety, depression, and other mental health challenges.

In the end, the Challenge surpassed our goal of \$25,000 and raised over \$27,000. All funds will support MHP's suicide prevention and education. Thank you to everyone who donated, participated in or spread the word about this event! Photos from this year's Challenge will be posted on our Facebook page ([MentalHealthPartnersCO](https://www.facebook.com/MentalHealthPartnersCO)). For information on our expert-led suicide prevention trainings, please visit: www.mhpcolorado.org/training.

▶ Goody bags with fruit, granola bars, gift cards and other swag items were given to Boulder Skyline Traverse Challenge participants at the finish line

Congrats to our Top Teams!

- Ksenia Lepikhina and Ellen Considine were the first team to complete the Boulder Skyline Traverse.
- Karen Rice and Bob Sutherland, who ran the Boulder Skyline Traverse, raised the most money with a total of \$5,125.
- Team Wiik, headed by former MHP Interim CEO Hans Wiik, raised the most money of the Couch Challenge teams with \$2,125.



Additional Suicide Prevention Resources and Support

"Back to School" webpage

In addition to the historical stressors that a new school year brings to students and their families, this year's COVID-19 safety precautions have created additional pressures. In an effort to decrease suicidal ideation and improve overall mental wellbeing for students this school year, MHP has created a "Back to School" section on its website featuring resources and support for students and families on these issues, with a specific emphasis on youth suicide prevention. Learn more here: www.mhpcolorado.org/back-to-school.

Welcome New Team Members!

Through the statewide "Colorado Spirit" grant, in September Mental Health Partners welcomed to its team 10 outreach workers and support staff specifically trained to provide mental health support and resources to communities impacted by the pandemic. Implementation of the team's intervention and prevention efforts will begin in late September and run through June 2021.

Learn more about the CO Spirit grant here: www.covid19.colorado.gov/press-release/colorado-crisis-counseling-assistance-and-training-program-expands-free-covid-19