



## Community Update

Healing is our purpose.  
Help is our promise.  
Health is our passion.



## New Clinic Opening Soon in Nederland!



### MHP is Coming to the Mountain Community!

Thanks to our long-standing partnership with **Clinica Family Health**, we are pleased to announce the opening of a new integrative health clinic in the Front Range mountain community of Nederland. For years, residents of the mountain communities have endured barriers in accessing care, often driving extremely long distances or going without care because it was too difficult to access. With the support and encouragement of community members, we are bringing healthcare directly where it is needed. The facility is located at 80 Big Springs Dr., Ste 102 and will be open to the public late July 2022.

At the new clinic, Clinica will be providing a full scope of primary care services such as well

visits, prenatal care, immunizations, chronic disease treatment, lab services, minor surgical procedures, and acute care. Our MHP team will be opening an office in the same building to provide therapy and case management not only for Clinica patients, but for many other members of the community. This strategic endeavor to integrate physical and behavioral health care will provide more access to our broad scope of services and programs through expert, personalized care from our multidisciplinary and compassionate clinical teams.

For more information on the facility, please visit: <https://www.clinica.org/mnt-comm/>

**Begin Care with MHP**

## July is Minority Mental Health Awareness Month

Formally recognized in June 2008, July is National Minority Mental Health Awareness Month, a time set aside to bring awareness to the unique struggles that underrepresented groups face in regard to mental illness in the US. Though mental health conditions do not discriminate based on race, color, gender or identity, background and identity can make access to mental health treatment much more difficult.



We encourage you to use this time to learn more about issues surrounding minority mental health. Click the button below for a powerful infographic from **NAMI** to get started.

**Learn  
More**

## Free to the Community: Online Classes



**Evidence-Based  
Child Development  
Curriculum**

**Free Online Classes for Grandparents**  
July 12th, July 19th and July 25th



Grandparents can play an essential role in the lives of young children. Kid Connects in the Neighborhood seeks to support grandparents and caregivers by giving an update on the latest research in child development and offering strategies to ensure that you feel confident in providing quality care to your grandchild(ren)."

If you are a grandparent providing regular care for a child, we invite you to join our free classes. This training will follow an evidence-based curriculum, developed by **Zero to Three**, called Grand Connections.

Topics Covered:

- July 19th, 1-2:30pm: Managing Challenging Behaviors: Closing the Gap in Expectations
- July 25th, 1-2:30pm: Making Sense of Screens

[Register Here](#)

## Out in the Community: Colorado Spirit CCP

### New Books to Assist Youth after the Marshall Fire

In the months that have passed since the Marshall Fire, we are grateful and encouraged to be hitting milestones in the recovery journey, including the culmination of cleanup projects and the beginning of new builds. Yet, our emotional journeys may have just begun. And that is especially true for our children. It may be just recently that our kids are ready to process some of their feelings. The Colorado Spirit Crisis Counseling Program (CCP) team is here to help with a great resource to get the conversation started!



Thanks to a generous contribution from the **El Pomar Foundation** for victims of the Marshall Fire, MHP's CCP team recently printed 400 copies of *Trinka and Sam: The Big Fire*. Endorsed by the **National Child Traumatic Stress Network**, these books help children and families talk about feelings and worries they may have after experiencing a large-scale fire, like a wildfire. The book describes some of Trinka's and Sam's reactions and provides a caregiver guide in the back to assist parents in using the story with their children to help them feel safer. Look for the CCP team out in your community and at local libraries offering readings and copies of *Trinka and Sam*.

To get in touch with the CCP team, call their Warm Line at **(303) 545-0852**.

## 988: Suicide & Crisis Lifeline

A new three-digit number, 988, is now available to all Americans to access mental and behavioral health care when in crisis. 988



provides connection to support for anyone experiencing mental health-related distress—whether that is thoughts of suicide, substance use crisis, or any other kind of emotional distress. You can also dial 988 if you are concerned about a loved one.

It is important to understand how 988 service is rolling out. Your call will be routed to different Lifeline call centers across the country based on the area code of the phone you are calling from. Colorado is actively working on ways to facilitate a direct connection to local resources through 988. Yet transformation of this scale will take time. For now, we encourage our community to continue reaching out directly to local Colorado Crisis Services, by calling **1-844-493-8255** or texting TALK to 38255.

## Philanthropy & Community Relations



### MHP Community Challenge 2022

Help us prevent suicide by joining our 5th annual fundraising event: The MHP Community Challenge 2022! There are so many ways to get involved: running, biking, skating, or even sitting on your couch! Do a Challenge solo, or form a fun team, share with others, sign up to volunteer. Explore our event website to learn more about how you can make an impact for a suicide safer society!

[Learn More & Sign Up!](#)

## The Rebels Project Visits BoulderStrong Resource Center



The **BoulderStrong Resource Center** hosted a group of The Rebels Project for lunch and conversation about the Center's work with people impacted by the Table Mesa shooting. The Rebels Project was formed by a group of Columbine survivors in the wake of the Aurora theater shooting in 2012 to assist those who had experienced similar trauma. It now has more than 1,000 members across the nation who are seeking support within their healing. Its annual gathering was recently held in Denver.

Visit [weareboulderstrong.com](http://weareboulderstrong.com)

## Connect: Follow Mental Health Partners on Social Media

Learn more about our trainings, add tools to your selfcare toolkit, and get informed on pressing mental health topics! Follow [@MentalHealthPartners](https://www.instagram.com/MentalHealthPartners) on social media and connect deeper with your community mental health center. Click on the buttons below to see us on Facebook, Twitter, Instagram, and LinkedIn.



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