



- ☐ Use this contribution for Suicide Prevention efforts
- ☐ Use this contribution for MHP's Phone Fund
- ☐ 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

Spring 2021

Goal in "Be 1 of 4098" Suicide Prevention Campaign Reached

Thank You For Your Support!

As of January 2021, Mental Health Partners has reached our goal in the "Be 1 of 4098" suicide prevention campaign! This campaign, which launched in the fall of 2018, set the goal of training 4,098 people – a meaningful number as it equals 6 people for every 1 person who died by suicide between 2006-2016 in Boulder and Broomfield Counties.

We are deeply grateful to the many donors, staff and community members who supported the campaign by spreading the word, attending, or referring others to the trainings, as well as donating to the two fundraisers (our annual Boulder Skyline Traverse Challenge and 2019 Community Breakfast) where all dollars raised support this effort. As of January 1, 2021, gifts for the Be 1 of 4098 Suicide Prevention Education campaign topped \$95,000! Your support for this important campaign truly made a difference.



MHP reached this goal by offering a mixture of free or low-cost suicide prevention trainings to community members, as well as conducting custom trainings on-site or virtually to local, regional, and even international companies, schools, community groups, legislator offices, and more. Over the past two years, notable trainings include Out Boulder County, the SugarLoaf Fire Department, City and

County of Broomfield employees and Boulder County employees. This hybrid approach made MHP's suite of suicide prevention trainings convenient, accessible, and ensured communities across demographics, socio-economic backgrounds and lifestyles are empowered to implement suicide prevention strategies amongst their family, friends, and fellow employees or students.

While reaching 4,098 is an important milestone, there is still more to do in ensuring a suicide-safer community and we are committed to taking steps to create a suicide-safer community. Please see below for more information or visit www.mhpcolorado.org/training.

Zoom-ing Into The Community



With COVID-19 numbers dropping, Boulder and Broomfield are seeing more options for in-person gatherings and events. However, virtual events are

still a mainstay in our pandemic-era time. To meet this need, MHP's Outreach Team continues to provide educational and supportive events virtually. These have received positive feedback from the community, with over 175 people attending 16 virtual events from December 2020 – February 2021. For a list of upcoming events visit www.eventbrite.com/o/mental-health-partners-31560329601.

An example of a popular virtual event was one hosted by Jen Ramirez, CHW Outreach Worker, which walked individuals through on how to get ID when experiencing homelessness. The attendees gave feedback they valued her expertise in this field and walked away with practical, step-by-step measures to support people experiencing homelessness in Boulder and Broomfield.

Looking Ahead to National Mental Health Awareness Month



In May, we will mark another year celebrating National Mental Health Awareness Month (NMHA Month) to raise awareness and educate the public about mental illnesses, strategies for attaining mental health and wellness, draw attention to suicide, and reduce the stigma surrounding mental illnesses. It is also a time to express appreciation and recognition for those who work in the mental health field. While NMHA Month has been celebrated since 1949, after a year of a global pandemic that has exasperated our collective anxiety, stress, and other mental health concerns, we are recognizing the importance of mental wellbeing even more this year. Please check out our social media platforms for ways we will be honoring NMHA Month and join us in wearing green – the official color of Mental Health Awareness – in May!

Our Commitment To Creating A Suicide-Safer Community

"1,000 more!"

Join us in the next phase of our suicide prevention campaign – to train 1,000 more individuals how to identify, and respond to, the signs of suicidal ideation. Follow this next phase of the campaign on our social media sites: FB @MentalHealthPartnersCO | Twitter: @MentalHealthCO IG: @mentalhealthpartnersco



Coming May 2021: Updated "Youth Mental Health First Aid" Training

Created in collaboration with NAMI and RISE Against Suicide, this training is primarily

designed for adults who regularly interact with young people. It will now be offered in a virtual format with blended self-paced online and virtual "live" learning.

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.

COVID-19 Relief Fund Benefits Hundreds



COVID RELIEF FUND

FOR CLIENTS

COVID-19 Relief Fund Benefits Hundreds

Last March, when Mental Health Partners moved most of its services to telehealth and remote due to the COVID-19 pandemic, concerns for clients' wellbeing and ongoing care was foremost on the minds of clinicians, support staff and leadership. "How do we continue working with clients remotely when they don't have technology?" staff asked. Others wondered, "How can

we help clients with even basic needs when they suddenly are locked down, without basic resources and facing increased anxiety, depression, and even thoughts of suicide?" As a response to these questions, MHP established a COVID-19 Relief Fund within week of the pandemic. Contributions from the community were quickly put to work in aid clients and their families.

From March 2020 through January 31, 2021, we received a total of \$45,042 from 101 donors, which helped fund:



- **149 smart phones, 40 flip phones, six tablets, three laptops, and 44 months of service/airtime.**

This addressed the most urgent issue - how clients and caregivers could stay connected when in-person therapy was no longer possible.



These phones helped clients stay in touch with their clinical and support team and because of our support during the switch to telehealth, access to care improved. This is evident in the "no-show" rates for appointments dropping more than 50%!



- **The emergent needs of 15 clients were met, such as:**

- *Buying medications and paying for delivery when clients could not leave their homes*

- *Providing art and writing supplies so clients could continue to participate in therapy groups* Assisting clients obtain birth certificates so they could apply for assistance

- *Helping clients' children with supplies for home schooling, some of which were as basic as paper, pencils, and coloring materials.*



The community's generosity has made a very real and important difference in clients' lives. As one recipient wrote: "We were desperate when my daughter's nebulizer quit working. We were quarantined at home, had exhausted our money with our rent payment, and she was in a bad way. I was frantic and told my therapist about it. Within hours, thanks to MHP a new nebulizer arrived at our doorstep. I will be eternally grateful to the kind people who made this possible." Thank you to everyone who helped make an impact during these unprecedented times!



Mental Health Partners honored the collective experience of the COVID-19 pandemic with a "Moving Through" series, which acknowledges the grief of this past year, while building resilience and creating hope for the year ahead. Visit our COVID-19 webpage www.mhpcolorado.org/covid-19-updates or Instagram @mentalhealthpartnersco for more information and highlights.

More Ways to Give Back:



Phone Fund

Because phones have become such an important part of care and critical to

telehealth, MHP will continue to accept contributions to our "Phone Fund," which ensures the continued availability of phones to clients. Visit www.mhpcolorado.org/donate/ and use the drop-down box to find the "Phone Fund."



Gift Your Tax Refund

MHP is participating in the national ReFundCo program, where individuals can donate their state income tax refund to support local charities. To donate your refund to MHP, visit our website and click on the Tax Refund link at the top: www.mhpcolorado.org/donate-today.



New Broomfield Office Now Open

Located at 897 Highway 287, Mental Health Partner's new Broomfield office is specially designed to support outpatient mental health care and allows the team to all be in the same site, enhancing collaboration for client care. Additional features include lots of natural light, 15 private clinician offices, a conference room, and specialized play therapy rooms, family therapy space and an art therapy office. Displayed throughout the space will be art from the Broomfield Council on the Arts and Humanities that are available to purchase (10% of proceeds donated back to MHP). Broomfield clinicians and staff celebrated the opening of this new space with a Virtual Meet & Greet for the community on March 18, 2021. Stay tuned for additional festivities in the coming months!

Opportunities to dedicate this new space by naming several of spaces in honor someone special in their life, to memorialize a loved one, or show support for the amazing work being done by our Broomfield team are still available! Contact Cindy Cohagen, Director of Philanthropy and Community Relations, at ccohagen@mhpcolorado.org for more information.

Celebrating Our Very Own Healthcare Hero!

Broomfield Community Foundation selected Susan Bellas, MHP's Broomfield and East Boulder County Regional Director, as a recipient of their 2021 Heart of Broomfield Community Award. Susan was selected as the winner in the category "Healthcare Hero," which recognizes an outstanding individual in the health care industry serving in any role within a hospital, clinic, public health, geriatric setting who has exemplified commitment, responsibility, duty and honor during an incredibly tumultuous year. In addition to this public announcement, participants and the community attended a virtual celebration on Tuesday, March 16, 2021 to receive their awards and make a short speech. **Congrats, Susan!**



Video Showcases the Benefits of Integrated Health Home Model

← Tweet
New Video Highlights "One-Stop Home for Medical, Mental Health and Dental Care"

You can view the videos here: ow.ly/qEcZ50Dq6zR

To Read Our Full Statement: ow.ly/uv3h50Dq6zT
#dental
#dentalcare
#healthcare
#mentalhealth



A new public service video funded by Colorado Department of Public Health and Environment (CDPHE) that showcases the benefits of the Integrated Health Home (IHH) model was released this past February. The 18-month long project was a collaboration by Mental Health Partners, Clinica Family Health, Dental Aid and CDPHE. Ryan Wellness Center's Integrated Health Home, and their staff, provided the backdrop and most of the "stars" for the video!

The final 7-minute video (filmed right before the pandemic began) is appropriate for viewing by the public, legislators, and other healthcare systems interested in creating a similar integrated health model. Additionally, several shorter-length videos with focuses on the staff, clients, and community were created. All videos available here: <https://cdphe.colorado.gov/prevention-and-wellness/health-access/oral-health/oral-health-partner-spotlight>

To learn more about this project, please read the full press release here: www.mhpcolorado.org/new-video-highlights-one-stop-home-for-medical-mental-health-and-dental-care/