

Yes! I want to contribute to Mental Health Partners!

☐ Use this contribution for Suicide Education Prevention
 ☐ Use this contribution for the #BoulderStrong Resource Center
 ☐ Use this contribution to help Send a Kid to Camp
 ☐ 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, Attn: Philanthropy  
 1455 Dixon Ave., Suite 300, Lafayette, CO 80026  
 To make a gift online, please go to [www.mhpcolorado.org](http://www.mhpcolorado.org)



To sign-up to receive information about MHP electronically, visit [www.mhpcolorado.org/community](http://www.mhpcolorado.org/community).



**Mental Health PARTNERS**  
 Healthy minds, healthy lives, healthy communities

1455 Dixon Avenue  
 Lafayette, Colorado 80026



# The Healing Journey Continues

On March 22, 2021, our community experienced a violent tragedy at the Table Mesa King Soopers, resulting in the loss of 10 lives. MHP immediately responded with support on the ground and with the establishment and continued operation of the #BoulderStrong Resource Center, a facility dedicated to serving as a resource and referral center for residents, visitors, and first responders affected by this tragic event. As we reach two important milestones on our healing journey, the #BoulderStrong Resource Center continues to serve our community in powerful ways.

On February 9, 2022, the Table Mesa King Soopers reopened in South Boulder. After undergoing a multimillion-dollar redesign that aimed to honor the victims and improve safety, a ceremony was held to welcome employees and community members back to their home store. The reopening of the store stirred up strong emotions, and individual reactions greatly varied. MHP and the #BoulderStrong Resource Center were there every step of the way, providing support for returning and new employees, offering comfort dogs to bring a sense of calm and peace to the space, and walking aisles with community members to be available for those who needed a shoulder to lean on.

This March marked one year since the incident, which was commemorated through a Day of Remembrance, a Moment of Silence, and memorial services for fallen Officer Eric Talley. Reaching these important milestones did bring a sense of peace and a step toward healing for some. However, research indicates that it is often 1-3 years after a traumatic event when many individuals impacted begin realizing they need additional support to process the trauma and work through anxiety, stress, and PTSD. So, it is perhaps more important than ever that the #BoulderStrong Resource Center is here to serve our community.

The Center’s trained professionals understand that people process grief and trauma differently. The goal is to find the right pathways to assist everyone’s unique healing journey. Through a myriad of trauma-informed therapies such as Acudetox, massage, walking groups, art therapy, rhythmic healing, meditation, comfort dogs, and a kind shoulder, the #BoulderStrong Resource team provides our community with thoughtful, personalized care. This will be a long journey as we all heal together, yet our community is strong—and Boulder Strong is here for you.



To learn more about the #BoulderStrong Resource Center and its impact, please see the following news publications:



Longmont Leader with Julie Ratinoff: [bit.ly/3LPcAgK](https://bit.ly/3LPcAgK)



9News with Kristina Schostak: [bit.ly/36X9WAH](https://bit.ly/36X9WAH)

# National Child Traumatic Stress Network

The National Child Traumatic Stress Network (NCTSN) is on a mission to raise the standard of care and improve access to services for traumatized children, their families, and communities across the country. Our membership with the NCTSN affords our outpatient teams with the opportunity to do various types of trainings. So far this fiscal year, we have trained 50 people through trainings such as Trauma-Focused Cognitive Behavioral Health and Let’s Connect (a parenting intervention that teaches caregivers to identify and respond to children’s emotional needs and behaviors in a way that builds connections and warmth). Our partnership with NCTSN ensures that our clinicians are being instructed by leading experts in the field of child trauma so we can provide the highest level of service to our community.

A PARTNER IN  
**NCTSN**  
 The National Child Traumatic Stress Network



# Expansion of Services to Mountain Communities

In partnership with Clinica Family Health, we are pleased to announce the forthcoming opening of a new facility serving the Front Range mountain community. MHP will be opening an office in the same building as Clinica’s new Nederland facility, providing therapy and case management. MHP has a long-standing relationship with Clinica, partnering with them in strategic endeavors to integrate physical and behavioral healthcare. We are eager to provide mountain communities with more access to our broad scope of services and programs through expert, personalized care from our multidisciplinary and compassionate clinical teams.

Connect with us: (303) 443-8500 [www.mhpcolorado.org](http://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.

# You are not alone.

## May is Mental Health Awareness Month

We recognize that asking for help isn't always easy, so we seek to break down the barriers in receiving support and providing educational resources to our community. No one should be alone in their struggles with mental health! In honor of Mental Health Awareness Month, we invite you to join us and our community partners for a variety of free trainings, events, and resources to support the well-being of you and your loved ones.



Below is a list of events being offered by MHP. For our full list of community partner events, please visit: [mhpcolorado.org/mentalhealthawarenessmonth\\_2022](https://mhpcolorado.org/mentalhealthawarenessmonth_2022)

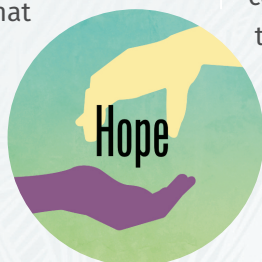
### Question, Persuade, Refer: Three Steps Anyone Can Learn to Help Prevent Suicide

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

Date: Thursday, May 26th 9:00-10:30am

Location: Virtual/Online

To register email: [Trainings@mhpcolorado.org](mailto:Trainings@mhpcolorado.org)



### Mindful Coloring with Community Health Workers

By focusing on how we choose and apply color in a design, we can suspend our inner dialogue, stop the flow of extraneous thoughts, and unplug from our often stressful activities.



#### Lafayette Library

Wednesday, May 4th 2:00-4:00pm

#### Recovery Café

Tuesday, May 5th 12:00-2:00pm

#### TGTHR: The Source Youth Resource Center, Boulder

Friday, May 6th 12:30-2:30pm

#### The Refuge

Tuesday, May 17th 10:00am-12:00pm

#### Lafayette Library (includes Kindness Matters activity\*)

Wednesday, May 18th 4:00-6:00pm

#### OUR Center in Longmont

Thursday, May 19th 11:00am-1:00pm

#### Broomfield Library (includes Kindness Matters activity\*)

Friday, May 20th 2:00-5:00pm (English and Spanish)

**\*Kindness Matters:** Every child will be encouraged to create a chart of different tasks that they want to complete for others in the community. Each time they complete a task, they will mark it off on their chart with the goal being to complete their chart and, with the library's permission, put them on display.

## New Crisis Counseling Program Grant

Earlier this year, MHP was awarded the Crisis Counseling Program (CCP) grant, providing the means for immediate support to our community in response to the Marshall Fire. The CCP team serves as a group of non-clinical, supportive outreach workers who have the following primary goals:

- 1) *Provide a supportive environment that develops companionship, comfort, hope, and resiliency;*
- 2) *Assist community members in navigating available resources for behavioral health, physical health, housing, food, caregiving, and other support;*
- 3) *Provide education on coping strategies to reduce stress, anxiety, and other mental health issues that have resulted from or been exacerbated by the Marshall Fire; and,*
- 4) *Connect community members with referrals or information about agencies, resources, and other sources of support.*

Connect with the CCP team:

Call the Warm Line: (303) 545-0852

Visit: [mhpcolorado.org/community-outreach-team](https://mhpcolorado.org/community-outreach-team)

Connect on Instagram or Facebook: [@MentalHealthPartnersOutreach](https://www.instagram.com/MentalHealthPartnersOutreach)



## Finn Thye

“Hi there. I’m Finn, the Peer Support Specialist with MHP’s Broomfield Anxiety Intensive Outpatient Program (IOP). Being a Peer means I get to put my 30 years of experience at the service of people who struggle with similar symptoms to the ones I navigate. You see, my 30 years of experience are not as the clinician, but as the client. I have living experience that has merited multiple Serious Mental Illness diagnoses, including schizo-affective, bipolar, borderline personality, and dissociative identity disorder—all of which have been compounded by severe substance use disorder. After daily using for 20 years, I’ve been clean for 18 months. I earned a Master’s Degree in Linguistics and Cognitive Science, I was adopted as a linguist with the Northern Arapaho Nation, and I’m happily married with two young daughters.

How do I do it? Through the help MHP has given me, teaching me to stand. Standardized care like I got through very large insurance and medical service providers just didn’t work in my case – so I fought them for a year to get permission to come to MHP. I did that because MHP doctors and clinicians custom-design treatment and listen to my own wisdom around my condition. It is a great relief to have found a care team who really values my insight on my own experience, just as it is truly a deep blessing to have found a work environment here at MHP where I get to be fully myself. All the experiences I have been ashamed of and tried to hide throughout my life, those have become my richest sources of healing for the anxiety-ridden and suicidal teenagers and adults with whom I work in the IOP.

To my amazement, I was nominated and selected for the National Council for Mental Wellbeing’s first CCBHC Lived Experience Advisory Council, a national board of 6 peers advising Medicaid on standards for outstanding Certified Community Behavioral Health Clinics. I believe strongly in vulnerability as a form of protest to erode stigma, so I am very happy to speak for those who share my galaxy of traits and symptoms. I will stand up as proudly as I can for those of us who have historically gone unheard, grateful as I am for the help MHP has given me to stand.”



## Send a Kid to Camp!

Summer camps promote social skills, activity and movement, and overall wellness for our clients. They also provide respite and wellness for caretakers. However, many local summer camps are not accessible to clients—especially youngsters and families—due to registration and enrollment costs. You can help! Help send a kid to camp this summer through a donation to our “Send a Kid to Camp” program. Please



scan this QR code or go to [www.mhpcolorado.org/donate-today/](https://www.mhpcolorado.org/donate-today/) and designate your gift to this program. You may also use the coupon on the back of this newsletter to send a check.

Questions? Contact Community Relations and Philanthropy at (303) 443-8500 or email [philanthropy@mhpcolorado.org](mailto:philanthropy@mhpcolorado.org).