



1455 Dixon Avenue
Lafayette, Colorado 80026

- ☐ 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.



Community UPDATE

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

Summer 2020

Our COVID-19 Relief Fund Has Assisted 75 clients

Thank you to our generous donors for their quick response

When the COVID-19 pandemic began impacting communities, Mental Health Partners (MHP) quickly established a “COVID-19 Relief Fund” to provide clients technology and other items they urgently needed for their wellbeing and safety during a time when their community was in lockdown mode. Our donors and community responded quickly to this need, with contributions reaching nearly \$20,000! To help stretch the fund as far as possible, requests from clients were limited to \$100 or less and the goal was to meet client requests within 24 hours. This quick turnaround during the early days of the pandemic turned out to be a significant logistical challenge, but MHP staff found creative ways to get items to clients quickly and safely.

See below for touching and inspiring examples:

45 Phones - Plus Airtime! | Early in the pandemic, one of the greatest needs was for clients to have phones to keep in touch with their therapists and other members of their CARE team. Thanks to a subsequent grant from Rotarians for Mental Health, clients can receive additional minutes and data.



School Supplies | A young client was remotely learning for school. However, she did not have the supplies to participate in the lessons. The Fund was able to purchase pencils, paper, paint, dry erase markers and other school supplies essential for learning.



Medications | A client who urgently needed insulin and antidepressants was behind on his balance at the pharmacy and unable to pay. The Fund paid the overdue balance and most recent prescriptions, including a 60-day supply of insulin.



Art Supplies | A client was feeling extremely isolated due to the pandemic because one of his key support systems, an MHP art class, was temporarily closed by the pandemic. He let his therapist know being able to paint would help relieve boredom and cope with his symptoms and isolation, but he didn't have any supplies. The Fund purchased a paint set, brushes and paper for him to be able to create art.



The Fund continues to support clients with many and varied needs. We are still accepting contributions at www.mhpcolorado.org/donate.

Safety Measures at RWC Allow More In-Person Client Services



A room with appropriate social distancing allows clients without technology to utilize telehealth.



Plexiglass screens and wall-mounted hand sanitizer units have been placed throughout the site.



All MHP staff, visitors, and clients are required to wear a mask.

For the most updated information related to our COVID-19 Recovery plan visit: www.mhpcolorado.org/covid-19

Announcing MHP's New Self-Pay Program:

Mental Health Partners (MHP) is now offering a Self-Pay Program option that is ideal for individuals who prefer to pay out of pocket, do not want to utilize insurance, or are uninsured with the ability to pay full fee. As a client-focused delivery model, the Self-Pay Program provides individuals an affordable and convenient way to access select MHP mental health services by taking advantage of this new way

to pay for services. Services currently offered are individual outpatient therapy for adults and children and medication services. (Due to COVID-19 restrictions, the services offered through this program are currently being provided via telehealth). To begin accessing services, clients can call: (303) 443-8500 or visit www.mhpcolorado.org/self-pay for more information.

National Mental Health Awareness Month 2020 Was Reflective and Empowering

Thank you to everyone who participated in National Mental Health Awareness Month! Highlights for the month included:

- ✓ Celebrated a special COVID-19 “Giving Tuesday” on May 5, 2020
- ✓ Applauded Mental Health Colorado’s Mental Health Month proclamation
- ✓ Promotion of “green ribbon” social media campaign and Community Health Workers’ self-care TikTok video
- ✓ Our free QPR Training reached its capacity within a week!
- ✓ Over 300 people attended 2 Moving Beyond Trauma’s “Collective Trauma and Resourcefulness During COVID-19” webinars
- ✓ Free Live Virtual Trauma-Informed Yoga class with Melissa Carey
- ✓ Creation of several Fievel self-care videos (and a Fievel playlist on YouTube!)
- ✓ Co-CEOs Jennifer Leosz and Dixie Casford penned a Letter to the Editor thanking behavioral health professionals for their outstanding dedication and work during the COVID-19 pandemic. Read it here: www.dailycamera.com/2020/06/02/letters-air-quality-data-alzheimers-funding-behavioral-health-professionals

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.

Dear Valued Donors and Community Members –

As we move through the COVID-19 pandemic, the hardship and challenges our clients and others in our community have faced have been heartbreaking. However, we have also been inspired by the outpouring of generosity from our donors during these extremely difficult times. Shortly after the pandemic began, we transitioned most of our services to telehealth to ensure the safety of our clients and staff. We quickly realized the importance of being able to stay connected with clients in this new service delivery model, which relies heavily on phones to utilize video chatting software. One of our top priorities was to support our clients who did not have phones and, as such, were at grave risk for losing contact with their clinicians at a time when those connections were critically important.

As you read in the front-page article of this newsletter, thanks to donors who rapidly and generously donated to our COVID-19 Relief Fund, we were able to purchase phones, along with minutes and data, for these clients. While this was a clear need, we wanted to ensure clients who received phones not only were able to stay in touch with their CARE staff, but that this connection created a significant impact on their lives.

Metrics gathered from that time show that these phones did truly make a difference! Compared to the 30 days prior to getting the phone, these clients experienced an 80% increase in engagement; 25% increase in services they received; and a 200% increase in access to services. Moreover, these phones enabled clients to connect to other vital community resources, such as their primary care physicians, insurance, food assistance, housing resources, and more. Additionally, five individuals who received phones were new MHP clients who would not have been able to receive any mental health care without them.

As you see, these donations really do make a difference! Our sincere “thank you” to our donors and friends who choose to invest in MHP during this critical time in our nation’s history. We are still collecting contributions to the COVID-19 Relief Fund and we invite you to donate today using the form on the back of this newsletter. Additionally, we are beginning to form teams and collect donations for our 3rd Annual Boulder Skyline Challenge, which raises money to support our suicide prevention training program. Please see the article in this newsletter for more information on that fun Challenge and we hope to see you on the trail or online!

Hoping you, and your family, have a safe and healthy summer.

Appreciatively,

Dixie Casford Jennifer Leosy Marriott

MHP Receives
Support from “Rotary
Connects” Grant

Rotary



The Rotarians for Mental Health, an advocacy coalition of District 5450 Rotary Clubs, chose MHP as one of the nine mental health centers to benefit from “Rotary Connects,” a \$20,000 Disaster Response Grant that provides funds to purchase phones for vulnerable clients so they can connect with their therapists and prescribers through telehealth. Mental Health Partners, which pioneered a phone purchase program in early April, is using its portion of this grant to provide additional data for clients to continue to their therapy, and to purchase more phones as needed by clients. For clients participating in this program, the phones not only keep them in contact with their therapists, but also serves as a lifeline to other resources such as police, the crisis center, food pantries, and families.



Teams Now Forming For 3rd Annual Boulder Skyline Traverse Challenge

Funds Contribute To Suicide Prevention
Education and Mental Health Support

◀ A group of runners gather at the start line
for the 2019 Skyline Traverse Challenge

The 3rd Annual Skyline Traverse Challenge will be held this year on Saturday, September 12th. Because of the popularity of the event, and participant feedback from the 2019 event, Mental Health Partners has added a short-course Mini-Challenge and a “no-course” Couch Challenge to the 17-mile trek along Boulder’s skyline. For more information about the courses and to register your team now, please visit www.mhpcolorado.org/2020-boulder-skyline-traverse-challenge. For questions, email Erin McMahon at EMcMahon@mhpcolorado.org.

Choose Your Challenge:

THE LONG CHALLENGE:

This 17-mile run is ideal for experienced trail runners who are familiar with the trails across the five peaks that form Boulder’s iconic backdrop. There is total ascent of 5,417 feet and a descent of 5,494 feet on this route. Runners must be in two-person teams running together or in a relay to split the grueling course. The run begins at 5:30am at the South Mesa Trailhead and ends at MHP’s Ryan Wellness Center.

THE MINI-CHALLENGE:

This shorter, 5-mile trail run is perfect for runners who want to participate but not complete the full challenge. Runners will start

at 10:00am at the Mt. Sanitas Trailhead and end at MHP’s Ryan Wellness Center. Runners can either park at the trailhead or take the shuttle from the RWC to the trailhead.

THE COUCH CHALLENGE:

Participate in the fun from the comfort of your couch! Participants will seek support from family, friends, and colleagues for MHP’s suicide prevention education and community mental health education. Accelerate your fundraising power by inviting others to support you!

Our Goal is \$25,000!

Over the past two years, this event has raised over \$35,000 towards suicide prevention education in Boulder and Broomfield Counties. This year, these Challenges will continue to raise money for suicide prevention training, as well as fund education regarding anxiety, depression, and other mental health challenges. These funds are especially needed as mental health issues and suicidal ideation are increasing in communities due to the impact of the COVID-19 pandemic. Regardless of the Challenge selected, the team who raises the most money is the winner!

Honoring Inclusion, Equity and Diversity



In honor of the Black Lives Matter demonstrations and PRIDE Month, Co-CEOs Jennifer Leosy and Dixie Casford released messages to staff and community recognizing the importance of inclusion, equity, and diversity, as well as acknowledging the need for continuous progress on these topics. See below for some key quotes from their statements. Full statements available here: www.mhpcolorado.org/community.



“Our mission is to foster healthy minds, lives, and communities so to see one community we deeply value being disproportionately impacted by fear and violence is alarming and distressing.”

“This past month has been marked with powerful conversations and actions related to equity, inclusion, and systemic racism. We continue to honor and respect this dialogue and progress, while also acknowledging the recent incidents can create stress and anxiety in some individuals. [Our goal is to] offer a safe space to discuss [these] topics and share MHP’s next steps in our commitment to long-term organizational improvements and to be more responsive to our employees, communities and clients of color.”

“[During] PRIDE Month [we] celebrate increased visibility, self-affirmation, dignity, and equity...for LGBTQIA+ individuals. We applaud the recent U.S. Supreme Court decision protecting these individuals from discrimination in employment under Title VII of the Civil Rights Act. This is a resounding victory for the LGBTQIA+ community!”