

- ☐ Use this contribution for Suicide Prevention efforts
- ☐ Use this contribution for BoulderSTRONG Resource Center
- ☐ 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: Philanthropy, Lafayette, CO 80026  
Or visit [www.mhpcolorado.org](http://www.mhpcolorado.org) and click on  
DONATE to contribute online.

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



1455 Dixon Avenue  
Lafayette, Colorado 80026

## Celebrating Juneteenth and PRIDE



Mental Health Partners (MHP) honors and celebrates the Black and LGBTQIA+ communities through recognition of Juneteenth on June 19th and PRIDE month. Juneteenth, also referred to as “Emancipation Day,” commemorating the ending of slavery in the United States and PRIDE month commemorating the Stonewall riots, are often celebrated with parades, street fairs, music, performances, rallies, and festivals.

In addition to celebrating these communities’ distinct and rich cultures and histories and supporting progress towards equity and inclusion, MHP also recognizes Black and LGBTQIA+ communities continue to be disproportionately impacted by depression, stress, and other behavioral health issues. In response, MHP will continue to support access to critical healthcare services for these communities and add our voice to the collective opposing this discrimination as a sign of strength, unity, compassion, and empathy.



MHP's FY20 Annual Report is now available at:  
[www.mhpcolorado.org/about/annual-reports](http://www.mhpcolorado.org/about/annual-reports).



# Community UPDATE

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

Summer 2021

## The Challenge 2021 Benefits Youth Suicide Prevention Raise Money Three Ways: Run | Bike | From the Comfort of Your Couch

According to data from Boulder County, a concerning trend emerged the first three months of 2021: emergency room visits for suicide attempts among 10- to 17-year-olds increased dramatically. During that timeframe, 58 visits were recorded for suicide attempt in this age group, which is more than double the number of suicide attempt visits in the same timeframe in 2020.

To help address this troubling issue, Mental Health Partners is devoting contributions from this year’s triad of Challenge events to youth suicide prevention efforts. The Challenge 2021 will include something for everyone: run, bike, or stay at home and participate from the comfort of your couch. All events will occur on or before September 11, 2021.

While MHP is fortunate to have the title sponsor of King Soopers for each option this year, which jumpstarts the Challenge’s fundraising efforts, participants are encouraged to share their event of choice with family, friends, and colleagues to raise funds for themselves or their team. Our goal this year is \$50,000!

For more information, and to register for a Challenge, visit: [runsignup.com/Race/CO/Boulder/MHPChallenge](https://runsignup.com/Race/CO/Boulder/MHPChallenge).



### The Challenge 2021 Event Options:

#### King Soopers’ Skyline Traverse Challenge |

Now in its 4th year, the Boulder Skyline Traverse Challenge is for experienced trail runners only. The course is 17 miles of mountain terrain, rated as difficult, that traverses the five peaks forming Boulder’s iconic backdrop. There is a total ascent of 5,417 feet and a descent of 5,494 feet. This Challenge meets at the trailhead in Boulder with a 5:30am start time on Saturday, September 11, 2021. It finishes at the Ryan Wellness Center in North Boulder. The winner will be the person or team that raises the most donations for Mental Health Partners’ youth suicide prevention training and community education.



**King Soopers’ Bike Challenge |** This event is virtual so participants can choose their route, terrain type and distance to complete before or on September 11, 2021 while seeking financial support from family, friends and colleagues. The winner raises the most money.

**King Soopers’ Couch Challenge |** This virtual event takes place from the comfort of your home so it can occur anytime and anywhere! The winner raises the most money by September 11, 2021.



## Contributions Will Fund Youth Suicide Prevention, Including:

- Community trainings to address the stressors that often lead up to suicide ideation, especially among youth.
- Provide advanced training to MHP’s staff working with youth to assure they are at the forefront of the latest research and methodologies
- Outreach to volunteers and groups who work with youth throughout the year (i.e. coaches, churches, after-school programs, etc.) to provide them with no-cost training to recognize the signs and symptoms suicide ideation, including Youth Mental Health First Aid training. This spring, MHP successfully collaborated with NAMI and RISE Against Suicide to provide a free YMHA course.
- Focus current courses (QPR, SafeTALK, ASIST) to include youth emphasis and approach.
- Provide funds to assure that every member of the community who wants to receive training can do so, regardless of ability to pay, particularly among underserved and marginalized groups.

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.



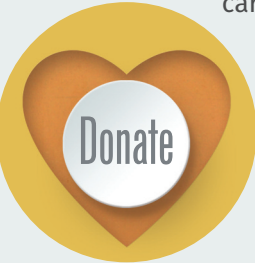


# Colorado Healing Fund Disburses \$959,100 to the #BoulderStrong Resource Center

The disbursement will help cover first-year programming costs for the #BoulderStrong Resource Center, which serves as a resource and referral center for those affected by the Table Mesa King Soopers incident. The Colorado Healing Fund was established in 2018 as a secure way for the public to support victims of mass casualty events in Colorado in the immediate, intermediate, and long-term. Since activating on March 22, 2021, in response to the Boulder Supermarket Tragedy, the Colorado Healing Fund has collected over \$4.4M in donations and disbursed over \$2.4M. A Quarterly Report detailing the nonprofit's response in the first three months has been published on their website: [www.coloradohealingfund.org/activations/](http://www.coloradohealingfund.org/activations/).

*"This generous contribution by the Colorado Healing Fund allows us to continue providing critical, no-cost services to the people most impacted by the March 22 tragedy," said Kevin Braney, MHP Incident Commander. "For everyone who donated to the Colorado Healing Fund, rest assured the fund is responsibly using the money to help ensure the health and well-being of all survivors."*

While the support services and programs at the Resource Center are free, they are expensive to run. Programs include mental health counseling; victim services and victim compensation; massage and acupuncture, spiritual care, and more. Additional donations are welcome and accepted at [www.coloradohealingfund.org](http://www.coloradohealingfund.org).



A wreath at the #BoulderStrong Resource Center honors the victims of the King Soopers shooting on March 22, 2021.

The #BoulderStrong Resource Center moved to its new location in early June. Now located at 2935 Baseline, Boulder CO, the revamped space will serve as the permanent home for this supportive place that provides healing and hope. For summer hours, questions and other operational updates, visit: [www.weareboulderstrong.com](http://www.weareboulderstrong.com).



As part of its official opening, Mental Health Partners and King Soopers co-hosted a small community event on June 24th. The event, attended by approximately 40 people, featured remarks from community leaders, MHP and King Soopers staff, tours of the site, refreshments, and opportunities to meet the #BoulderStrong Comfort Dogs.

## Arvada Shooting Can Trigger Traumatic Response

The news of the June 21st shooting in Arvada, which killed the shooter and two people - including Gordon Beesley, a 19-year member of the Arvada police department - is distressing, especially as it occurred a day before the 3-month anniversary of the King Soopers Shooting in Boulder. In response, MHP reached out Arvada community leaders and partners area to offer support and express condolences. Due to this potentially triggering event, the #BoulderStrong Resource Center was on alert to provide extra services to those in the Boulder area. Community members are also encouraged to connect with the 24/7 Crisis Center at 1 (844) 493-TALK (8255), text TALK to 38255 or go directly to our 24/7 Walk-In Center at 3180 Airport Rd., Boulder, CO for additional support.

## Two New Intensive Outpatient Programs Launched This Summer

This summer, Mental Health Partners (MHP) launched two new intensive outpatient programs: the Broomfield Anxiety Intensive Outpatient Program and the Intensive Outpatient Program for Substance Abuse. Community members from Boulder and Broomfield County are welcome to join either program through MHP's assessment process. For more information, call (303) 443-8500.



### Broomfield Anxiety Intensive Outpatient Program

Providing cognitive behavioral therapy and trauma-informed care for adults and adolescents who are currently insured through Medicaid, this program is specifically designed for adults and adolescents and their parents experiencing high levels of anxiety. Individuals in the program will be expected to participate in 7-9 hours of therapy per week for 4-6 weeks. A customized intensive program will include group and individual therapy, prescriber services, and coaching. Sessions will be primarily in person and some groups may be virtually, which will take place at MHP's new Broomfield location.



### Intensive Outpatient Program for Substance Abuse

Focuses on relapse prevention, coping skills, trauma and other mental health issues that contribute to substance use by incorporating curriculum from DBT, Seeking Safety and Matrix programming. This program is helping for those transitioning from a structured residential treatment or need more support than a traditional outpatient program. Individuals in the program will be expected to participate in 9 hours of therapy across 3 days for 12 weeks. The program includes weekly individual therapy sessions, meetings with case manager and peer specialist, access to psychiatric provider for medications and access to Medication and Assisted Treatment (MAT) Vivitrol and Suboxone. Sessions and treatment will take place at MHP's Boulder Withdrawal Management/Crisis location.



### Zoom, YouTube or Facebook: Join in Outreach Activities This Summer!

As the pandemic continues to evolve, so do activities hosted by MHP's Outreach Team. Now with a mixture of events live on Zoom and Facebook, and featured on YouTube, everyone can participate in this engaging and informative discussions. Keep an eye out for in-person events returning in the fall! More info available at [www.mhpcolorado.org/community-outreach-team](http://www.mhpcolorado.org/community-outreach-team).