

- ☐ Use this contribution for the suicide prevention education campaign.

☐ 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: Casey Riley, 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.

Bravo, Susan!

On Thursday, September 26, 2019, Mental Health Partners (MHP) staff and board members attended the 10th Annual Dancing with the Broomfield Stars to cheer on Susan Bellas, MHP’s Broomfield and Lafayette Clinics Program Manager, and instructor/dance partner, Justin Carter from Fred Astaire Dance Studio. Their upbeat swing dance had the crowd grooving in their seats and casting votes from their phones. The annual event supports the grant-making programs of the Broomfield Community Foundation and the “Star” who raised the most money won! While MHP was not the top vote-getter of the night, everyone enjoyed supporting the Broomfield community and partaking in delicious food and craft brews served from a variety of local restaurants and breweries. Bravo, Susan and Justin!



Susan Bellas, MHP’s Broomfield and Lafayette Clinics Program Manager, and instructor/dance partner, Justin Carter from Fred Astaire Dance Studio, pose with their trophies after their upbeat swing dance routine at the 10th Annual Dancing with the Broomfield Stars.



MHP staff and board members join Broomfield Chamber of Commerce to celebrate the new Broomfield location with a ribbon-cutting ceremony.

Ribbon-Cutting Ceremony Celebrates New Broomfield Location

On October 1, 2019, Mental Health Partners’ (MHP) Broomfield-based clinic began providing services at a new location in Broomfield: 799 US Hwy 287 - Suite F and 899 US Hwy 287 - Suite 300. On the first day of services, MHP hosted a Ribbon Cutting Ceremony, held in partnership with the Broomfield Chamber of Commerce. MHP staff and board, as well as member of the Chamber of Commerce members and community, enjoyed light refreshments and a tour of the new space. MHP clients can still access mental health and addiction recovery care in Broomfield by calling (303) 443-8500.

Community UPDATE

HEALING
is our purpose.

HELP
is our promise.

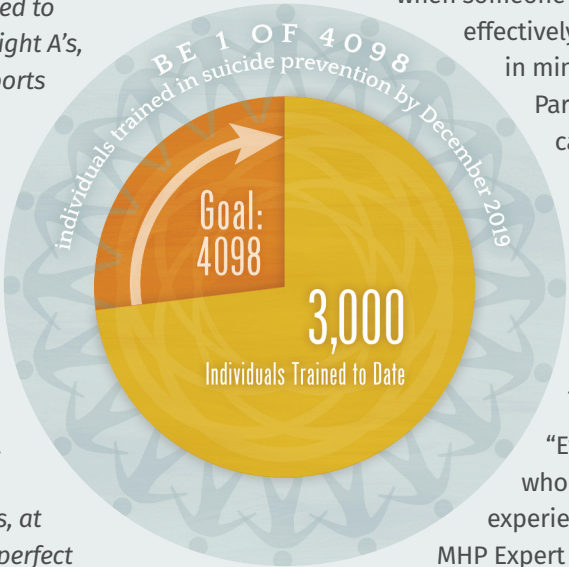
HEALTH
is our passion.

December 2019

Teen Suicide Rates in Colorado Increase 58% in Last Three Years Suicide is the cause of one in five adolescent deaths

When hearing about the alarming percentages of youth suicide rates in Colorado, it can be tempting to get lost in the data and the questions. The truth, however, lies in the stories youth who have walked this challenging journey share with us, like the one below from a young suicide survivor:

Right before my suicide attempt, it looked to everyone that I had it all together: Straight A’s, starter on three different high school sports teams, lots of friends and a seemingly wonderful family-life. Yet, I thought about killing myself constantly. Why didn’t I reach out to anyone? Well, I had tried. I quietly tried to share that I was struggling, but instead of help, I was told that I was selfish, being melodramatic, and to think how lucky I was with the wonderful life I had. I felt like a burden; I learned to hide my pain. I pretended. One day, the pressures and demands to succeed at school, at sports, at home, with a boyfriend turned into the perfect storm that led me to attempt suicide. As a suicide survivor, I ask people I talk with and tell my story to learn at least the basics --the cues and clues-- that someone is thinking about suicide. That knowledge and understanding can save lives.



Stories like this one, which occur in various forms in schools across Colorado, underscore the importance of creating a suicide -safer community. One way this can be accomplished is through suicide prevention training, which helps prevent future suicides by educating individuals on how to recognize when someone is reaching out for help and how to effectively respond to those invitations. With this in mind, in September 2018 Mental Health Partners (MHP) launched its “Be 1 of 4098” campaign with the goal to train 4,098 community members in suicide prevention. As we reach the end of 2019, MHP is 75% of the way towards this goal! To date, 3,000 people in Boulder and Broomfield counties have completed a suicide prevention training course offered by MHP.

“Every person we train is another person who can provide support when someone experiences suicidal ideation,” said Casey Riley, MHP Expert Trainer. “But with data showing suicide rates continue to rise among youth, it is clear we still have more work to do even after we reach this first campaign goal. We will continue this work to help significantly reducing the number of suicides and make our communities suicide-safer.”

Visit www.mhpcolorado.org/donate to contribute to our suicide prevention campaign.

Thank You Runners!

Our 2nd Annual Boulder Skyline Traverse Challenge raised over \$20,000 to support suicide prevention in Boulder and Broomfield Counties. A significant amount of these monies was used this fall to provide ASIST (Applied Suicide Intervention Skills Training) to 48 counselors in the Boulder Valley School District schools and “refresher” training for another 26 counselors.



“With the alarming rise of suicide among adolescents, we believe this is an important and appropriate use of these contributions”, commented Hans Wiik, Interim CEO at Mental Health Partners.

Teammates Forrest Thorniley and Kristy Klare took the top prize for the 2019 Boulder Skyline Traverse Challenge, raising the most money (\$4,100) and being the first team to finish with a time of 4hours, 42minutes. Check out more pictures from the Challenge here: www.mhpcolorado.org/2019-boulder-skyline-traverse-challenge.

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.



Support Healthy Minds, Healthy Lives and Healthy Communities This Holiday Season

The holiday season is a time of togetherness, reflection and is an opportunity to give back to your community and help those who are in the most need. Every dollar donated to Mental Health Partners supports our mission of building healthy minds, healthy lives and healthy communities. There are several donation options available for donors throughout this season and no amount is too small to make a difference. Thank you for your support! We wish you, and your family, a peaceful and joyful new year.

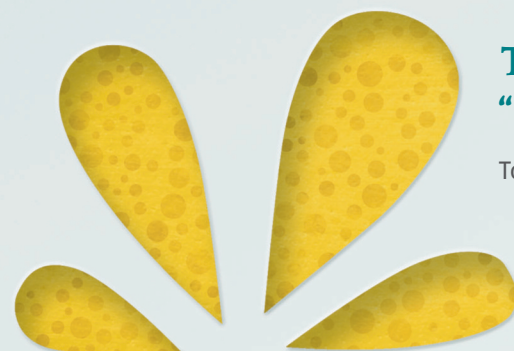


Join the Crowd on Colorado Gives Day – December 10, 2019

Colorado Gives Day is the state's largest day of giving. Last year, generous donors gave \$35.1 million to 2,481 nonprofits in just 24 hours! This 24-hour statewide movement celebrates and increases philanthropy in Colorado through online giving. Mental Health Partners is proud to participate in this annual event. You can donate by visiting www.ColoradoGives.org and selecting "Mental Health Partners" or go to the link right now and schedule your donation in advance.

Give Back with One Click [& A Smile]

AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice. To join, visit <https://smile.amazon.com>, log-in to your Amazon account and select "Mental Health Partners" from the Charity List (located underneath the main search bar). It's that easy!



Treat Someone to "One Good Meal"

Too often, mental health issues and homelessness or food instability go hand-in-hand. To counter this, Mental Health Partners (MHP) offers Chinook Café in our Ryan Wellness Center (1000 Alpine Ave, Boulder, CO). Chinook Café

prepares a warm and healthy lunchtime meal for staff and clients Monday-Friday. These meals are an affordable way for clients and staff to meet and engage with each other in a friendly and community-oriented atmosphere for clients to enjoy a warm meal. Chinook Café also provides vocational training to clients through guidance by staff and a trained gourmet chef!

Even with affordable prices, some client cannot afford a meal. To serve this need, MHP established the One Good Meal, which provides meal vouchers to clients who otherwise could not afford meals, as an incentive for clients to engage or remain in care and to provide a chance for someone who may be experiencing a personal or mental health crisis time to enjoy a healthy meal. Donation amounts start at just \$5. Learn more and donate today by visiting www.mhpcolorado.org/donate/chinook-one-good-meal-fund.

Remember! To qualify for a tax deduction in the current calendar year, you must make your yearly giving decisions by December 31st. To donate to any MHP program, or to MHP in general so your contribution can be placed where it is most needed, visit www.mhpcolorado.org/holiday-donations.

The Living Room is a communal space for individuals in crisis to regroup and rest in a welcoming and calm environment.



The Living Room Provides New Level of Care for Individuals in Crisis

Spacious. Tranquil. Comfortable. These are all adjectives used to describe The Living Room, a new level of care offered at Mental Health Partners' (MHP) 24/7 Walk-in Crisis Center & Addiction Services Facility (located at 3180 Airport Rd. in Boulder, CO).

The Living Room is a communal space for individuals in crisis to regroup and rest in a welcoming and calm environment that is based on the principles of autonomy, respect, hope, empowerment and social inclusion. While in The Living Room, individuals have access to MHP's compassionate and expert staff 24 hours a day, 7 days a week. Our crisis team specializes in de-escalation, crisis intervention, assessment, and safety planning, and can provide support, care, and resources in the comfort of this new space.

The space can accommodate up to 10 individuals at a time. In addition to accessing crisis services, individuals can relax on couches, chairs or at small tables; watch television or read magazines or books; or simply enjoy the view of the Rockies out the large, picturesque window.



Moving Beyond Trauma Grand Opening Events A Success

Mental Health Partners' trauma-focused treatment center of excellence, Moving Beyond Trauma: Healing Mind, Body and Spirit (MBT), celebrated the completion of its newly renovated space at their Lafayette, CO location with a series of grand opening events October 8-17. The two-week celebration included:

- Tours of the newly renovated Center of Excellence, featuring an overview of services, conversations with staff, giveaways, and a chance to meet Fievel, MHP's facility dog.
- An intimate discussion with Dr. Janine D'Anniballe about the pervasiveness of trauma in our daily lives.
- A free trauma-informed yoga class, led by Rachel Stroud, yoga instructor, at their new Heart-Centered Yoga Studio

In all, almost 150 people participated in the grand opening events, with many more being reached through digital promotion. If you missed it, you can still catch upcoming MBT events, including

community acupuncture, trauma-informed massage therapy, yoga and support and discussion groups.



Fievel, MHP's facility dog, holds a "mini-Fievel," a gift that accompanies a donation of \$25 or more to Moving Beyond Trauma. To donate, visit www.mhpcolorado.org/donate and select "Moving Beyond Trauma."



Dr. Janine D'Anniballe speaks to a packed house about how to alleviate the symptoms of secondary trauma that can result from our absorption of news stories through the 24/7 news cycle.

More information available at: www.mhpcolorado.org/moving-beyond-trauma-events. If you, or a loved one, would like to learn more about our trauma-focused treatment services, please call Moving Beyond Trauma at (303) 443-8500 or visit www.movingbeyondtrauma.org.

9NEWS.com

Check us out on 9News

We are grateful to 9News for highlighting Moving Beyond Trauma's remodeled spaces and sharing the story of one of our clients. View the news segment by visiting MHP's Facebook page: @MentalHealthPartnersCO