



Yes! I want to contribute
to Mental Health Partners!



**Mental Health
PARTNERS**

Healthy minds, healthy lives, healthy communities

1455 Dixon Avenue
Lafayette, Colorado 80026

- ☐ Use this gift to support our Broomfield office
- ☐ Use this gift to support our Longmont office
- ☐ 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.



Practice Self-Care and Support Your Mental Wellbeing This Holiday Season

In addition to the historical stressors that the holiday season can bring to individuals and families, this year's COVID-19 safety precautions have created additional pressures, such as modifying family gatherings, restricting travel and following mask and social distancing requirements. Here are some ideas to add into your holiday routine to practice self-care and support mental wellbeing:

Also, throughout the season we will be posting self-care tips on our social media pages:

Facebook: @MentalHealthPartnersCO

Twitter: @MentalHealthCO

Instagram: @mentalhealthpartnersco

For additional support and resources, connect with a member by:

Warm Line: (303) 545-0852

Facebook:

www.facebook.com/groups/mhpcommunityhealthworkers

Instagram: @mentalhealthpartnersoutreach

Website: www.mhpcolorado.org/community-outreach-team

- **Make sleep a priority**
- **Bundle up and go outside to take a walk**
- **Schedule a time to connect with family and friends virtually**
- **Be Kind! Acts of kindness are particularly festive this time of year.**
- **Bake a special treat or cook your favorite comfort meal**
- **Plan simple activities you enjoy, such as watching a holiday movie**



Community UPDATE

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

December 2020

Your Support for Behavioral Health This Holiday Season is Even More Critical



The COVID-19 pandemic has impacted every aspect of life this past year, and has likely also created challenges for you, someone you love, or your community. As we enter the holiday gift giving season, it is our tradition to ask our generous donors and supporters – like you – to include Mental Health

Partners (MHP) in your end-of-the-year gift giving. This year, your contributions for behavioral health are even more critical.

Is the COVID-19 pandemic creating a behavioral health crisis?

Absolutely. According to a Kaiser Family Foundation nationwide poll conducted in mid-July 2020, 53% of adults reported their behavioral health has been negatively impacted due to worry and stress from the pandemic. Currently, 1 in 3 adults (32%) report experiencing symptoms of anxiety or depression compared to 11% of adults reporting these same symptoms in 2019.

Is the COVID-19 pandemic exacerbating current behavioral health issues in our community?

Absolutely. Locally, calls to Colorado's Statewide Crisis Hotline have soared and the complexity and severity of issues of clients who are seeking help at the 24/7 Walk-In Crisis Center have increased significantly. Unfortunately, while the need for behavioral health care increases, federal and state funds to support services have decreased.

Are people feeling more anxious, stressed, and isolated?

Absolutely. Now, more than ever, clients we serve need our help. Behavioral health issues are surging throughout our communities. No one is unaffected by this crisis and many of you reading this letter can think of a loved one, neighbor, friend or colleague whose behavioral health has suffered this past year due to the unprecedented and unpredictable nature of the pandemic.

Can Mental Health Partners (MHP) address this behavioral health crisis? Absolutely. Your generous, end-of-the-year contribution will help us:

- Expand the number of programs to help community members in the Boulder and Broomfield region develop coping and resiliency skills
- Offer more trainings to community members to provide them tools to identify the signs of suicidal ideation and how to provide support
- Ensure MHP clients are connected to necessary resources, including phones to participate in telehealth or school supplies to continue virtual learning
- Increase access to support groups by members of Black Indigenous and People of Color (BIPOC) communities, who are often disproportionately marginalized and behavioral health services

You may be thinking - why choose to support Mental Health Partners when there so many other important and worthy causes? Because as the world works to find some way to return to normalcy, our expert and compassionate staff are still here providing high-quality behavioral health and addiction recovery support, ensuring you, your family, and your community remains resilient during, and after, the pandemic. Your mental wellbeing has always been, and will continue to be, our priority.

It's easy to contribute! Simply complete the form located on the back of this newsletter or donate directly on our website at www.mhpcolorado.org/donate-today. Thank you in advance for including MHP is your holiday gift giving. Together, we will help each other, our neighbors and those we love.

Wishing you and your family peace and health this holiday season,

Dixie Casford
Dixie Casford, Co-CEO

Jennifer Leosy Mannott
Jen Leosy, Co-CEO

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.



Longmont Office Welcomes New Bilingual Therapist

◀ Reina Retana Ramirez is the newest bilingual therapist to join MHP's team.

Approximately 33% of Hispanic or Latinx adults with mental illness receive treatment each year, compared to the U.S. average of 43%. This disparity can be contributed to many

unique obstacles, including language barriers, lack of cultural competence by providers, concerns over legal status by members of the communities, and higher stigma in these cultures regarding professional mental health care. These inequities can lead to a higher risk for more severe and persistent forms of mental health conditions.

For over fifty years, Mental Health Partners has been providing mental health and addiction recovery care to the Hispanic and Latinx communities in Boulder and Broomfield Counties through bilingual and culturally competent clinicians. The newest bilingual therapist to join MHP's team is Reina Retana Ramirez. She will provide individual and group support in an outpatient setting at the Longmont clinic. As a mental health generalist, Reina can identify and treat mental health and substance related issues.

"This position is ideal for me, as it allows me to pursue my passion of promoting and providing community mental health and community education in underserved and marginalized communities," said Reina.

Reina grew up in Longmont and graduated from Skyline High School. She attended UNC where obtained a Bachelor's in Spanish and psychology. She received a Master's in Leadership Studies from the University of San Diego and a second Master's in Counseling with an emphasis in Community Counseling from Regis University. She is currently attending graduate school to obtain her Ph.D. in Psychology. For the past 10 years, she has worked as a crisis counselor, including responding to 911 calls with the fire and police departments.

Community members can begin accessing care by calling: (303) 443-8500 or learn more by visiting www.mhpcolorado.org/access-to-care.

MHP now offers multiple payment options for services, including Medicare, Medicaid, and most insurance plans, as well as out-of-pocket. Competitive fees provide individuals an affordable and convenient way for all communities to access select mental health services.



this model to reach less formal or unlicensed caregiving environments – such as those provided by friends, family and neighbors. We are grateful to the Colorado Health Foundation for their continued support of this important program, which has positively impacted hundreds of kids and families in Boulder and Broomfield counties.

To learn more about MHP's Early Childhood Services, including Kid Connects, visit: www.mhpcolorado.org/about/services/specialty-early-childhood-services.

MHP Receives Expanded Kid Connects Grant

Mental Health Partners (MHP) has received a \$250,000 Kid Connects in the Neighborhood grant, awarded over 3-years, from the Colorado Health Foundation, to expand Kid Connects services in response to stressors created by the COVID-19 pandemic. The grant expands the current Kids Connect model, which provides early childhood mental health consultation to licensed daycares and preschoolers, to allow

Add Your Name to Our New Broomfield Space!

In December, Mental Health Partners' (MHP) Broomfield office is moving to 897 Highway 287 in Broomfield. The new suite is specially designed to support outpatient mental health care. The new space allows for the team to all be in the same site, which enhances collaboration for client care. The larger office space has been allocated to serve children, teens and families in specialized play therapy rooms and also includes a family therapy space and an art therapy office. Other key features are lots of natural light, 15 private clinician offices, and a conference room.



Construction continues on the new Broomfield clinic.

Once ready, the space will be unveiled to our community through a series of grand opening events, tours, and other festivities. Please keep an eye on our website (www.mhpcolorado.org) for information about these celebrations and progress on our move. For more information, or to schedule a private, COVID-19 friendly tour the new building, please contact Susan Bellas, Regional Director-Broomfield, at sbellas@mhpcolorado.org.

MHP is also offering several ways our donors and community members can help 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! ▼

Naming Opportunities Include:

- \$5,000 – Name the Waiting Room Area
- \$5,000 – Name the Conference Room
- \$2,500 – Name the Staff Break Room
- \$500 – Name one of the 15 private clinician offices
- \$500 – Attach a name dedicated a piece of art that adorns in the walls in the waiting or conference rooms.



The Broomfield team checks out the progress of their new office space.

Did You Miss Our Community Conversations Panels on The Impacts of Mental Health?

This 4-part series, co-hosted with National Alliance on Mental Illness (NAMI), featured local leaders and experts discussing how mental illness impacts social systems and programs that address these challenges. All conversations are moderated by Doyle Forrestal, CEO of Colorado Behavioral Health Care Council. You can find a recording of them on MHP's YouTube channel ("Mental Health Partners") or via the links below.

- The Intersection of Mental Health and The Criminal Justice System: <https://youtu.be/8M6Sd1jgng>
- The Intersection of Mental Health and Education: https://youtu.be/zksc1_sEpuE
- The Intersection of Mental Health and Business/Commerce: https://youtu.be/wAl5bmS_GPw
- The Intersection of Mental Health and Social Justice/Equity: <https://youtu.be/xxvMxKkaYFI>

COMMUNITY CONVERSATIONS ON
**THE IMPACTS OF
MENTAL HEALTH**

nami
National Alliance on Mental Illness
Boulder County