



Community Update

Healing is our purpose.
Help is our promise.
Health is our passion.



Shining a National Spotlight on Mental Health



Mental Health Partners' co-CEOs Dixie Casford (left) and Jennifer Leosz (right) stand in front of the White House in Washington, D.C.

MHP Invited to Attend Historic Bill Signing at White House

Co-CEOs Jenn Leosz and Dixie Casford were honored to represent Mental Health Partners at the White House on Monday, July 11th as President Biden signed the historic **Bipartisan Safer**

Communities Act.

This bill not only establishes the most significant piece of gun legislation in the past 30 years, it also directs over \$13 billion in federal funding to bolster public safety and innovative programs through substantial investments in mental health, school safety, and state-led crisis intervention programs. In a time of such persistent political turmoil, this is a moment that brings hope and marks change.

As the President and others spoke, MHP was honored to witness this historic moment for our nation and acknowledge the critical work our team does each day. Most importantly, we remembered and honored the victims of tragedies like the Table Mesa King Soopers in South Boulder in 2021.

"It's going to be humbling and emotional," Casford told **The Daily Camera** during an interview before the event. "Through the families, we got to know the 10 victims, so we're standing there for them. This is for them."

Though the need for this legislation is sobering and heart wrenching, we were proud to know that when a great need arose, we answered the call - and the impact of our work is felt to our nation's capital and beyond. Importantly, this effort continues today through ongoing work like the **#BoulderStrong Resource Center**.

We Are #BoulderStrong

Ryan Wellness Computer Lab Reopens

The Ryan Wellness Center Computer Lab is once again open to all clients of MHP *by appointment only* (walk-up slots not available at this time) during the following hours:

- **Mondays:** 10am – 12pm (noon)
- **Tuesdays:** 10am – 12pm (noon), and 1 – 3pm
- **Wednesdays:** 10am – 12pm (noon), and 1 – 3pm

The Lab, which was closed throughout the pandemic, provides clients with free access to the internet, email, Word/Excel, and other online services. We also have staff on-hand to help with online applications (i.e. housing, jobs, etc.) and to take photos for city bus passes



Slots must be reserved ahead of time. To reserve a time to use a computer, or if you have questions, please call the lab at **(303) 413-6260** or email **ClientTechServices@mhpcolorado.org**.

Broomfield Anxiety Program Celebrates 1-Year Anniversary



The Broomfield IOP team stands outside the Broomfield office. From left: Hannah Jones, Therapist; Finn Thye, Peer Support Specialist; Quenisha Lane, Therapist; and Susan Bellas, Director

In August 2021, Mental Health Partners launched two Anxiety Intensive Outpatient Programs (IOPs) to address the Broomfield/Boulder community's overwhelming need for these services. Now, one year later, MHP is celebrating the ongoing success of this program, which is specifically designed for adults and adolescents experiencing high levels of anxiety.

"We want to create an environment that is welcoming, safe and individualized as well as offering a community of support," Debra Sprague, Director of Special Projects at Mental Health Partners, told the **Broomfield Leader**. "It can feel isolating a lot of the time when you're experiencing a pretty serious mental health challenge. This also allows them to see what other people's experiences and ideas are, how they're implementing them, their successes and also what's not working for them."

During the IOP, clients receive 7-9 hours of therapy per week for 5-8 weeks while continuing to work or attend school. We offer group and individual therapy, as well as prescriber services and coaching. Services are provided at our Broomfield location at 897 Highway 287, Broomfield, CO 80020.

"The IOP showed me that not only am I worth fighting for, I am also strong enough to fight for myself," said one adult IOP graduate.

Call **(303) 443-8500** or click on the button below for more info.

Broomfield Anxiety IOP

Community Outreach: Partnering With The Humane Society of Boulder Valley

When you think of people who typically respond to active disasters, law enforcement, firefighters, and folks at the Red Cross may come to mind. But you might be surprised to learn of the critical role the staff at the **Humane Society of Boulder Valley** play as community crisis responders.



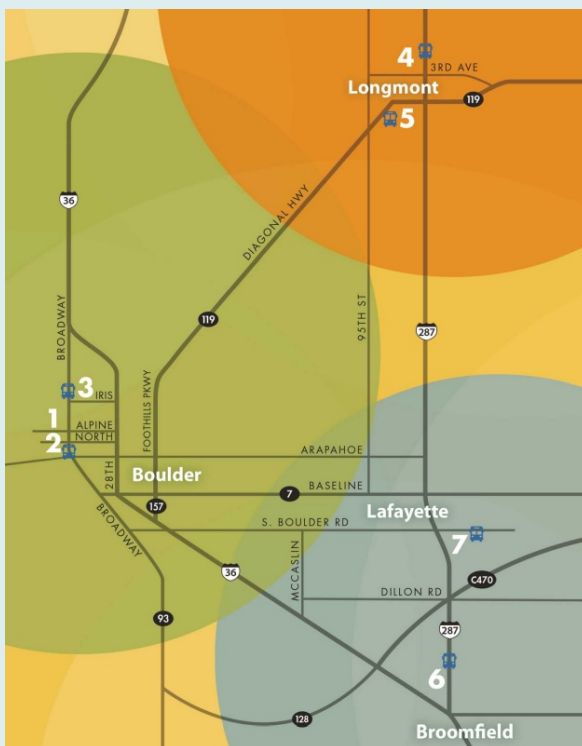
Following events like the Marshall Fire, the Humane Society takes in and shelters evacuated animals, cares for injured animals, and helps reconnect lost pets to their families. For this reason, the Colorado Spirit outreach team is honored to partner with the Humane Society to provide emotional support, psychoeducation about disaster recovery, and other mental health wellness assistance.

This pilot program was designed collaboratively with the Humane Society leadership, Colorado Spirit, and our community partner **Care for the Healer** to serve the additional purpose of testing new paths when it comes to supporting the mental health and wellbeing of individuals who do caring work, especially in the wake of disasters like the Marshall Fire.

Click on the button below for a complete list of local Marshall Fire and wildfire resources.

[Colorado Wildfire Support](#)

Free Fare for Better Air: Ride RTD Free in August



All month long, RTD has waived fees as part of its **Zero Fare for Better Air** initiative, meaning all RTD buses and trains are free in August!

Did you know that all MHP locations are located less than a quarter of a mile from the closest RTD bus stop? This is important to us, considering that many of our clients and community members rely on public transit to get to work and access vital services – including mental health care.

So hop onboard and stop by one of our locations in Boulder and Broomfield counties. Visit our **Locations page** to find the nearest MHP facility to you, as well as the closest RTD bus stop.

Happy riding!

[See Locations](#)



MHP Thanks The Lutheran Church of Hope in Broomfield

Mental Health Partners is grateful to **The Lutheran Church of Hope** in Broomfield. This congregation held a fundraiser and selected MHP to receive a portion of the proceeds. This kind donation is being used in the Broomfield office to support our in-person group therapy sessions, including two Anxiety Intensive Outpatient Programs.

The Adult program meets three times a week in the group room and greatly appreciates having tea, coffee, and snacks to create a welcoming and nurturing environment. The Teen Anxiety groups meets twice a week and the teens greatly enjoy the Cheez-Its and fruit snacks.

The Broomfield office, located at Highway 287 and W. 10th Avenue, offers individual, group and family therapy, children and family home-based care, addiction recovery services, and much more. For more information, call **(303) 443-8500**.



Join the MHP Community Challenge 2022!

Take two minutes and help prevent suicide by joining our 5th annual fundraising event: **The MHP Community Challenge 2022!** There are so many ways to get involved: running, biking, skating, or even sitting on your couch. Do a Challenge solo, form a fun team, share with others, or sign up to volunteer. It only takes a couple minutes to register.

Explore our event website to help make an impact for a suicide safer society!

[Learn More & Sign Up!](#)

Training: Mental Health and Suicide Prevention Education



MHP is proud to partner with **Boulder County Community Services** to provide Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHFA) training over the next 6 months for local government and community nonprofit service providers. Additionally, we will be offering monthly introductory Mental Health and Wellness sessions (in English, with simultaneous Spanish language interpretation), as well as monthly Question, Persuade, Refer (QPR), which is a 90-minute virtual suicide intervention and prevention training.

Expand Your Mental Health Toolkit!

Don't miss out on these upcoming trainings and classes! We have both in-person and virtual options available. Email Trainings@mhpcolorado.org for more information and to sign up.

August Trainings & Classes

JOIN US ONLINE & IN-PERSON
FOR THESE UPCOMING TRAININGS

Youth Mental Health First Aid (MHFA)
August 24th | 8:30 AM-5 PM
Location: Broomfield Clinic (In-Person)



Question, Persuade, Refer (QPR)
August 25th | 3-4:30 PM
Location: Online (Virtual)



Psychological First Aid (PFA)
August 26th | 9-11 AM
Location: Online (Virtual)



EMAIL TRAININGS@MHPCOLORADO.ORG



Visit Our Trainings
Page

MESA Celebrates 50 Years of Service to Boulder County



Appreciating 50 Years of Staff & Volunteers

Join us for a gathering of MESA's present and past staff members and volunteers to celebrate 50 years of supporting survivors of sexual violence and being part of the movement to end sexual violence. Reconnect in an online gathering with our appreciation, reminisce, and find out what **Moving To End Sexual Assault** is doing currently and what's in store for the future.

Who: Current and former MESA Staff & Volunteers

When: Wednesday, August 24, 2022 from 6:00-6:45pm MST

Where: Live online via Zoom

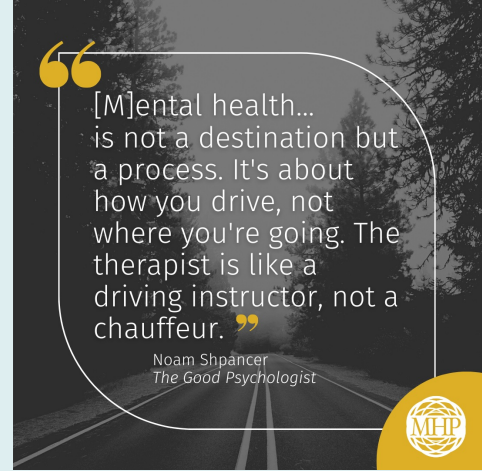
Cost: Free

[Click to Register](#)

Connect: Follow Mental Health Partners on Social Media

Learn more about our trainings, add tools to your

selfcare toolkit, and get informed on pressing mental health topics! Follow @MentalHealthPartners on social media and connect deeper with your community mental health center. Click on the buttons below to see us on Facebook, Twitter, Instagram, and LinkedIn.



Mental Health Partners | 1455 Dixon Ave, Lafayette, CO 80026

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