



Summer 2022

# Community UPDATE



HEALING IS OUR PURPOSE. HELP IS OUR PROMISE. HEALTH IS OUR PASSION.

## July is Minority Mental Health Awareness Month

BRINGING AWARENESS TO  
THE UNIQUE STRUGGLE  
OF UNDERREPRESENTED  
GROUPS

## NEDERLAND CLINIC OPENING SOON

In partnership with Clinica, we are opening a compassionate, whole-person healthcare location in the mountain community of Nederland.

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## HELP PREVENT SUICIDE

Join our 5th annual MHP Community Challenge and raise funds for suicide prevention education. Education you fund could save a life!

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## 988: SUICIDE AND CRISIS LINE

A new three-digit number, 988, is now available to all Americans to access mental and behavioral health care when in crisis.

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## The MHP Community Challenge 2022

# Help Prevent Suicide

As of May 2022, there is nearly a 50% increase of youths ages 10 - 17 experiencing suicidal ideation in emergency department visits in Boulder County (since 2019.) \*

\* Data from Boulder County Public Health



WHAT MOVES YOU? CHOOSE YOUR CHALLENGE AT:

[HTTPS://RUNSIGNUP.COM/RACE/CO/BOULDER/MHPCHALLENGE](https://runsignup.com/race/co/boulder/mhpchallenge) ➡



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.



# New Clinic Opening in Nederland



Co-CEO Jen Leosz (front center), Client Service Advisor Ari Goodman (front right), and MHP's Chair of the Board of Directors Ellen Burnes (back right) stand in front of the new clinic surrounded by members of the Clinica team.



*With the support and encouragement of community members, we are bringing healthcare directly where it's needed.*

Thanks to our long-standing partnership with Clinica Family Health, we are pleased to announce the opening of a new integrative health clinic in the Front Range mountain community of Nederland. For years, residents of the mountain communities have endured barriers in accessing care, often driving extremely long distances or going without care because it was too difficult to access. With the support and encouragement of community members, we are bringing healthcare directly where it's needed. The facility is located at 80 Big Springs Dr., Ste 102 and will likely be open to the public in late July. Stay tuned for more details coming soon.

In Nederland, Clinica will be providing a full scope of primary care services such as well visits, prenatal care, immunizations, chronic disease treatment, lab services, minor surgical procedures, and acute care. Our MHP team will be opening an office in the same building to provide therapy and case management not only for Clinica patients, but for many other members of the community. This strategic endeavor to integrate physical and behavioral health care will provide more access to our broad scope of services and programs through expert, personalized care from our multidisciplinary and compassionate clinical teams.



## Getting Connected

For more information on the facility, please visit: <https://www.clinica.org/mnt-comm/>.



To begin care with MHP, please call 303-443-8500 or visit [www.mhpcolorado.org/access-to-care](http://www.mhpcolorado.org/access-to-care).





# July is Minority Mental Health Awareness Month

## NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH



illness and enhancing public awareness. Part of our work is to understand and address potential cultural and language differences between patient and provider, unique cultural presentations of symptoms, stigma of mental illness among minority groups, and insufficiencies that may contribute to underdiagnosis and/or misdiagnosis of mental illness in people from racially and ethnically diverse populations.

We acknowledge and dedicate ourselves to the need for social justice in health-care and we encourage you to use this time to learn more about Minority Mental Health. Scan this QR code for a powerful infographic from NAMI to get started.



Formally recognized in June 2008, July is National Minority Mental Health Awareness Month, a time set aside to bring awareness to the unique challenges that underrepresented groups face with mental health and substance use. Although mental health conditions do not discriminate based on race, color, gender, identity, or background, structural and systemic barriers to care place a disproportionate burden upon historically marginalized populations which can adversely impact overall health.

At MHP, we are dedicated to destigmatizing mental

# The MHP Community Challenge 2022

Help prevent suicide by joining our 5th annual fundraising event: The MHP Community Challenge 2022!

The Challenge's primary goal is to enable MHP to continue free suicide prevention education programs - education that helps save lives! Yet the funds are used for so much more, including facilitating local speaking events from leading suicidology experts and sponsoring ad campaigns for suicide prevention.

Choose what moves you to join The Challenge! **Run** the Boulder Skyline Traverse on Saturday, September

10th and experience iconic Boulder foothill trails. **Bike** your Challenge on your preferred days and terrain. **Sit** at home for the virtual Couch Challenge and fundraise from the comfort of your armchair. **Skate** your challenge with an all-new component of this event! Do a Challenge solo or form a team to maximize what you can fundraise for the cause. Volunteers welcome at our Boulder Skyline Traverse Challenge aid stations and finish line.

Sign up here and help save lives: <https://runsignup.com/Race/CO/Boulder/MHPChallenge>



**988**  
SUICIDE  
& CRISIS  
LIFELINE



A new three-digit number, 988, is now available to all Americans to access mental and behavioral health care when in crisis. 988 provides connection to support for anyone experiencing mental health-related distress—whether that is thoughts of suicide, substance use crisis, or any other kind of emotional distress. You can also dial 988 if you are concerned about a loved one. It is important to understand how 988 service is rolling out. Your call will be routed

to different Lifeline call centers across the country based on the area code of the phone you are calling from. Colorado is actively working on ways to facilitate a direct connection to local resources through 988. Yet transformation of this scale will take time. For now, we encourage our community to continue reaching out directly to local Colorado Crisis Services, by calling 1-844-493-8255 or texting TALK to 38255.





**Yes! I want to contribute  
to Mental Health Partners!**



**Mental Health  
PARTNERS**

*Healthy minds, healthy lives, healthy communities*

**Mental Health Partners,  
ATTN: Philanthropy  
1455 Dixon Ave., Suite 300  
Lafayette, CO 80026**

- ☐ Use this contribution for suicide prevention efforts
- ☐ Use this contribution for MHP's Crisis Services
- ☐ 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:



ACCOUNT # \_\_\_\_\_

EXP DATE \_\_\_\_\_ CRV # \_\_\_\_\_

Mail to: Mental Health Partners, ATTN: Philanthropy  
1455 Dixon Ave., Suite 300, 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).

## Helping Kids After the Marshall Fire

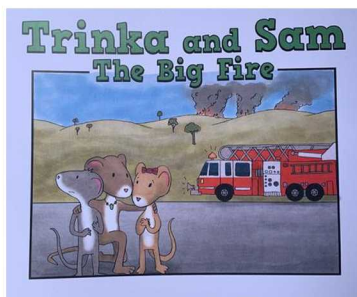
In the months that have passed since the Marshall Fire, we are grateful and encouraged to be hitting milestones in the recovery journey, including the culmination of cleanup projects and the beginning of new builds. Yet, our emotional journeys may really just be beginning. And that is especially true for our children. It may be just now that our kids are

ready and waiting to process some of their feelings. The Colorado Spirit Crisis Counseling Program (CCP) team is here to help with a great resource to get the

conversation started! Thanks to a generous contribution from the El Pomar Foundation for victims of the Marshall Fire, MHP's CCP team recently printed 400 copies of *Trinka and Sam: The Big Fire*.

Endorsed by the National Child Traumatic Stress Network, these books help children and families talk about feelings and worries they may have after experiencing a large-scale fire, like a wildfire. The book describes some of Trinka's and Sam's reactions and provides a caregiver guide in the back to assist parents in using the story with their children to express their feelings and feel safer. Look for the CCP team out in your community and at local libraries, offering readings and copies of these books.

To get in touch with the CCP team, call their Warm Line at (303) 545-0852.



## Walk-In Crisis Center & Addiction Services Open 24/7

MHP's Walk-In Crisis Center is open 24 hours a day, 7 days a week. Services include confidential, in-person support, information, and referrals to anyone in need. The center is available to those in need of direct services and to those seeking to help engage another person in services, whether the crisis is substance-use related, psychiatric, or both.

Located at 3180 Airport Road in Boulder, a key feature of the Walk-In Crisis Center is The Living Room. This welcoming, communal space is a place for individuals in crisis to regroup and rest in a calm environment based on the principles of autonomy, respect, hope, empowerment, and inclusion. At the clinic, individuals have access to compassionate care from a specialized team dedicated to assisting community members in crisis.