Celebrating National Hispanic Heritage Month

Breaking Down Barriers: Community Health Worker Shares Her Story and Mission

National Hispanic Heritage Month takes place each year from September 15 to October 15. The day of September 15 is significant because it is the anniversary of independence for several Latin American countries - including Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Join Mental Health Partners in honoring the generations of Hispanic Americans who have had a profound impact on our nation. In addition, we celebrate the deep Hispanic
and Latin cultural roots in Boulder, Longmont, Broomfield, and surrounding communities.

At the same time, we also pause to recognize the additional challenges and barriers individuals in these communities have historically faced when trying to access care and resources – a problem that Maritza Rodriguez Orozco, a bilingual Community Health Worker at Mental Health Partners, understands from first-hand experience.

“My parents and I used to live in Mexico. When we moved to Longmont, we lacked access to resources and there was a language barrier. Since I’ve learned English, I’ve been able to advocate on behalf of my parents – and I continue to advocate for others in my community who aren’t able to speak for themselves.”

After graduating from CU Denver, Maritza looked for ways she could help close the gap in equitable access to resources and support for her family and community. In August 2021, she joined Mental Health Partners as a Community Health Worker to help expand access to mental health services and other community resources, as well as help break down systemic and cultural barriers.

“Community is a big part of the Latinx culture, and for many Latinx individuals it’s really hard to ask for help,” says Maritza. “And then there are other barriers like language barriers.”

Maritza and the Outreach team help connect community members to resources in partnership with other local organizations such as Our Center, El Comité, Recovery Café, Broomfield FISH, the Broomfield Library, and many more.

“I can understand the Hispanic/Latinx community in a different way because I’ve been there,” Maritza said when asked about how her intersecting identities and culture impact her work. “I’ve experienced first-hand the barriers people face to getting help and am committed to taking down those barriers one by one. I’m a wife, a daughter, a sister, and a proud member of the Latinx community.”

Annual Cumbre Juvenil 2022

Mental Health Partners is thrilled to take part in this year’s Annual Cumbre Juvenil conference! This inspiring event, organized by El Centro AMISTAD, aims to help support and empower indigenous, Chicanx, Xicans+ Middle & High School youth. If you are planning to attend, we invite you to stop by our table on Friday, September 16th at the University of Colorado Boulder.

Register
MHP Discusses Harm Reduction With Canadian Minister of Mental Health

Mental Health Partners was invited to meet with Canada's Minister of Mental Health and Addictions and Associate Minister of Health to discuss Boulder County's harm reduction efforts. Ronnie Vasquez (left), MHP’s Director of Acute Services, sat next to the Honourable Carolyn Bennett (second from left) and several Boulder County officials - including District Attorney Michael Dougherty (third from left) - at a lunch on Friday, August 26th.

MHP In The News

<table>
<thead>
<tr>
<th>Broomfield aims to tackle opioid use</th>
<th>Moving to End Sexual Assault marks 50 years in Boulder County</th>
<th>Mental Health Partners VP Andrew Bronson named award finalist</th>
<th>Helping Kids Stay Cool, Calm and Collected Raised in the Rockies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broomfield Leader</td>
<td>Longmont Leader</td>
<td>Daily Camera</td>
<td>Daily Camera</td>
</tr>
</tbody>
</table>

Restoring Community and Connection After the Marshall Fire

Part of recovering after a disaster like the Marshall Fire comes from reknitting our lives back into our communities, and finding time and space for connection, support, and companionship. The Colorado Spirit team is proud to partner with the Louisville Public Library, the Superior Community Center, Moxie Bread Company of Louisville, and MECO Coffee Collective of Longmont to provide opportunities for connection for people impacted by the Marshall Fire.

At the Great ARTDoors, the team hosts children and their caregivers for artsy outdoors fun, like painting flowerpots, sidewalk chalk art, T-shirt decorating, and more.

For the community-based program Brewing Resilience, individuals impacted by the Marshall Fire gather at local coffee shops to spend some downtime together.
Join us for Great ARTDoors at the Superior Community Center on Wednesdays from 3:30 to 5pm, and at the Louisville Public Library on Thursdays from 10:30am to 12pm (noon).

Join us for Brewing Resilience at MECO in Longmont on Tuesdays from 9 to 11am, and at Moxie Bread in Louisville on Wednesdays from 10am to 12pm (noon).

---

**Colorado Wildfire Resources**

---

### Free Webinar About Suicide Ideation and Prevention in Under-Resourced Communities

**Online/virtual (Zoom)**
**Monday, October 3, 2022 | 3pm | Free**
Registration for this event closes on Friday, September 30th.

Mental Health Partners is hosting three nationally-recognized experts to lead a panel discussion on the topic of suicide ideation, particularly among youth in traditionally under-resourced and minoritized communities. This free panel is open to the public and will take place on Monday, October 3rd at 3:00pm (Mountain time). Sara D. Anderson, MHP’s VP of Justice, Equity, Diversity & Inclusion, will be the moderator.

The panelists include:

- Kathryn Fox, PhD, from the University of Denver, whose focus is on LGBTQ+ youth
- Brandon Johnson, PhD, an advisor at the Substance Abuse Mental Health Services Administration (SAMHSA) who has led numerous projects to specifically prevent suicide among African American youth
- Caroline Silva, PhD, from the University of Rochester School of Medicine and Dentistry, who is currently developing suicide prevention interventions for at-risk individuals who identify as Hispanic/Latine

Each panelist will speak for approximately 15 minutes, allowing five minutes for questions specific to that speaker. At the conclusion of the panel presentations, there will be 15 minutes for additional questions and comments. Spanish and ASL translation will be provided.

**Reserve Your Spot**

---

**Join the MHP Community Challenge: Help Prevent Suicide During**
Suicide Prevention Awareness Month

Help us prevent suicide by joining our 5th annual fundraising event: The MHP Community Challenge 2022! It's not too late to join the Challenge by running, biking, sitting, or donating. Explore our event website to learn more about how you can help fund suicide prevention education and trainings in Boulder and Broomfield counties. This event runs through the end of September. You can make a life-saving impact in our community today!

Learn More & Sign Up

Mental Health and Suicide Prevention Trainings

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! Email Trainings@mhpcolorado.org for more information and to sign up.
September Trainings & Classes

JOIN US ONLINE & IN-PERSON FOR MENTAL HEALTH PARTNERS' EXPERT LED TRAININGS

Question, Persuade, Refer (QPR)
When: September 29th | 3-4:30 PM
Where: Online (Virtual)
What: 90-minute course to help recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

EMAIL TRAININGS@MHPCOLORADO.ORG

See All Trainings

MESA Supports Survivors of Sexual Violence

Become a Hotline Advocate Volunteer

Award-Winning Poet and Author To Emcee
Brave, Bold and Beautiful
Moving to End Sexual Assault (MESA) has served 2,880 people in the last 18 months via our 24-hour hotline and text line thanks to our network of hotline volunteers. These hotline advocates are vital to providing emotional support services, resources, and information to individuals in need.

Watch this video to learn more about what a hotline advocate volunteer does and the impact you could have on our community.

Join the next hotline advocate training session on:
September 19th

This year's Brave, Bold and Beautiful event on October 20th will be stacked with a lineup of inspiring performances and special guests - including poet emcee, Dominique Christina!

Dominique is an award-winning poet, author, educator, and activist. She holds five national poetry slam titles in four years, and her work is greatly influenced by her family's legacy in the Civil Rights Movement. She is also the author of four books, as well as a writer and actor for the HBO series High Maintenance.

To learn more about Dominique's work and background, visit her website.

Get your tickets for Brave, Bold and Beautiful today!

We're Hiring! More Than a Job, It's a Mission

Mental Health Partners offers many exciting career opportunities for those who want to make a difference in their communities, whether it's working directly with clients or providing administrative support. MHP team members are dedicated to our vision of Healthy minds. Healthy lives. Healthy communities.

In addition to offering a great compensation package, we want to empower individuals by supporting their personal and professional growth while also serving our community.

We are looking to expand our services and grow our team! Visit our Careers page today for a full
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.

"You are not your illness. You have an individual story to tell. You have a name, a history, a personality. Staying yourself is part of the battle."

– Julian Seifter, MD

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

Unsubscribe mhpsocialmedia1962@gmail.com
Update Profile | Constant Contact Data Notice
Sent by marketing@mhpcolorado.org in collaboration with

Try email marketing for free today!