How Domestic Violence Impacts Mental Health

Since 1987, Domestic Violence Awareness Month has been recognized nationwide in October to help support domestic violence victims and survivors, to hold abusers accountable, and to create and update legislation to further those goals. Sadly, the Covid-19 pandemic exacerbated and magnified many of the factors involved in domestic violence (such as trauma, stress, financial insecurity, and isolation), leading to a significant rise in reports of abuse.

Domestic violence is "the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another." (Source: National Coalition Against Domestic Violence)

One of the most commonly employed tactics of domestic violence is coercive control, which is a pattern of domination, intimidation, and entrapment that has particularly damaging impacts on a person's mental health.

Consider these facts from the NCADV:
All month long, we honor the resilience, strength, and vulnerability of survivors of abuse and domestic violence. Remember that healing takes time, so be compassionate with yourself and others, and reach out for mental health support when you're ready.

**Domestic Violence Resources**

**Statistics**
National Statistics
State by State Statistics

**Tools of Abuse and Violence**
Economic Abuse
Domestic Violence and Guns
Physical Abuse
Psychological Abuse
Domestic Violence and Sexual Assault
Stalking

**Domestic Violence in Specific Populations**
Domestic Violence and the Impact on Children
American Indian/Alaskan Native Women and Domestic Violence
Domestic Violence in the Black Community
Male Victims of Intimate Partner Violence
Dating Domestic Violence
Domestic Abuse in Later Life
Gender-Based Violence in Rural Areas
People with Disabilities and Domestic Violence

Support Survivors and Celebrate 50 Years with MESA
Moving to End Sexual Assault (MESA) is honored to host Anne Munch as this year's featured speaker at the 14th annual Brave, Bold and Beautiful fundraising event and 50th-anniversary celebration on October 20th.

Anne is an attorney with more than 30 years of experience as a career prosecutor and advocate for victims of domestic violence, sexual assault, and stalking. As a subject matter expert for the United States Air Force, the United States Army and the United States Navy, Anne has worked extensively on the development of the Sexual Assault Prevention and Response programs in the military. She has also lent her expertise to several district attorneys' offices, the San Miguel Resource Center, and the Ending Violence Against Women Project.
Currently, Anne provides expert speaking, training, and consulting services to local, national, and military organizations in the U.S. and across the world. She is also on the teaching faculty for the International Association of Chiefs of Police and is a municipal court judge in Lakewood, Colorado. To learn more about Anne’s work and background, visit her website.

All proceeds benefit Moving to End Sexual Assault. This event is open to the public.

Bring your family and friends to hear Anne Munch speak in support of MESA’s important work and its vision for the future of Boulder County. Purchase your tickets for this in-person event!

News & Announcements

MHP Listed Among America's Best Addiction Treatment Centers

Mental Health Partners was recently listed among America's Best Addiction Treatment Centers 2022 by Newsweek. Newsweek partnered with Statistica to survey thousands of treatment facilities focused on addiction across 25 states. The final rankings were determined by reputation, quality of services, and accreditation.

As drug and alcohol addiction continues to cause an enormous amount of pain, suffering, and death here in Colorado and nationwide - particularly in light of the growing fentanyl crisis - we are committed to providing critical withdrawal, detox, and recovery services to our community.

Addiction Services

MHP In The News

Editorial: To prevent sexual assaults, we must change our culture
Daily Camera

Heart of Broomfield Awards ceremony celebrates 2022 winners
Broomfield Enterprise

Mental Health Partners hosting nationally respected experts on suicide ideation and prevention
Longmont Leader

MESA's 50th Anniversary Celebration Will Feature Expert, Poet
Longmont Leader

Mental Health Support for Younger Children

Our kids face many challenges in such an uncertain world. How can you help
Support their mental health and mitigate some of the impact of this uncertainty?

Join Community Health Worker Child and Family Specialist Jen Nelson to hear evidence-based strategies for supporting kids. Parents, caregivers, educators, and professionals who work with children between the ages of 0-10 are welcome. Registration required.

**Location:** Virtual (online)

**Time:** 1-2:30pm MST

**Dates:**
- Friday, November 4th
- Friday, December 2nd
- Friday, January 6th

**Register**

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**Over $42,000 Raised for Youth Suicide Prevention**

The MHP Community Challenge 2022, Mental Health Partners’ 5th annual fundraising event, raised over $42,400 for youth suicide prevention! Our virtual Couch Challenge and virtual Bike Challenge participants had terrific fundraising success, and over 30 trail runners registered for the Boulder Skyline Traverse Trail Challenge on Saturday, September 10th, for #WorldSuicidePreventionDay. Despite a cool and rainy start, 24 runners championed through 19+ miles of difficult terrain.

Funds have already been put to use! Since July 1st, MHP has provided suicide prevention training to 900 individuals. Earlier in September, MHP presented mental wellness tools and suicide prevention strategies to 15 high-school students, preparing them for college.
Congratulations to our winners!

<table>
<thead>
<tr>
<th>Most Fundraised</th>
<th>Boulder Skyline Traverse Trail Challenge</th>
<th>Bike Challenge</th>
<th>Couch Challenge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team Boulder Valley Rotary Club</td>
<td>Robert Sutherland</td>
<td>Team United Leadership</td>
<td></td>
</tr>
</tbody>
</table>

| Most Donations Gathered | Team Mustache Club | Team Flat Tire | Team LaBrea Monsters |

We also thank our sponsors: **Key Healthcare**, the **Boulder Valley Rotary Club**, and **Atlas Valley Purveyors**.

Annual Luncheon Honors Key Supporters
Barbara Ryan (left), who served as MHP's CEO from 2004 to 2015, shares highlights of her tenure leading Mental Health Partners. Next to her sits Phoebe Norton (second from left), MHP's Executive Director from 1982 to 2015, and current co-CEOs Jen Leosz (second from right) and Dixie Casford (right).

Mental Health Partners hosted a Founders' Legacy Luncheon on Wednesday, September 28th, in the Rocky Mountain Climbers' Club Room at Chautauqua Park. The Founders' Legacy is composed of individuals who have included MHP in their estate plans. These gifts help ensure the sustainability of the organization and the services we provide to our community for generations to come.

We were thrilled to meet with major donors and special guests as we presented on 60 years of MHP: Yesterday, Today, and Tomorrow. To learn more about how you can include MHP in your estate plan, email philanthropy@mhpcolorado.org.

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Save the Date! Colorado Gives Day is Tuesday, December 6th

For 24 hours, Colorado comes together to fundraise funds for local nonprofits, and MHP is excited to be part of the day! Every gift to MHP is tax-deductible and helps us provide services to clients that would not otherwise be possible. On this day of giving, you can make a real difference.

Visit our Donation page

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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.
October Trainings & Classes

Suicide Ideation in Minoritized Communities Panel
When: October 3 | 3-4:30 PM
Where: Virtual (Zoom)
Spanish & ASL interpretation available.

Virtual Candidates’ Forum on Behavioral Health
When: October 4 | 6-7:45 PM
Where: Virtual (Zoom)
Spanish interpretation available.

Introduction to Mental Health & Wellness
When: October 19 | 11:30 AM-1 PM
Where: Virtual (Zoom)
Spanish interpretation available.

Question, Persuade, Refer (QPR)
When: October 25 | 3:30-5 PM
Where: Virtual (Zoom)
Spanish interpretation available.

EMAIL TRAININGS@MHPCOLORADO.ORG

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

Why work at Mental Health Partners?

We have a shared mission to provide opportunities for Healthy Minds, Healthy Lives, Healthy Communities - and our staff is essential to achieving this goal. If you or someone you know believes in this mission and has the experience needed, then consider joining the MHP team!

Here are just a few of our employee benefits:

- Student loan repayment program
- Clinical supervision for licensure
- Commitment to Justice, Equity, Diversity, and Inclusion
- Two comprehensive health insurance
More Than a Job
It's a Mission
Healthy Minds, Healthy Lives, Healthy Communities

MHP is committed to better serving the needs of the diverse individuals and communities in Boulder and Broomfield counties. Join our team to help expand our mission of Justice, Equity, Diversity & Inclusion in mental health.

Follow Mental Health Partners on Social Media

Learn more about our trainings, add tools to your selfcare toolkit, and get informed about 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.

6 Types of Self-Care

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!