



## Community Update

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



## How Domestic Violence Impacts Mental Health



#WeAreResilient

### Domestic Violence Awareness Month

October 2022



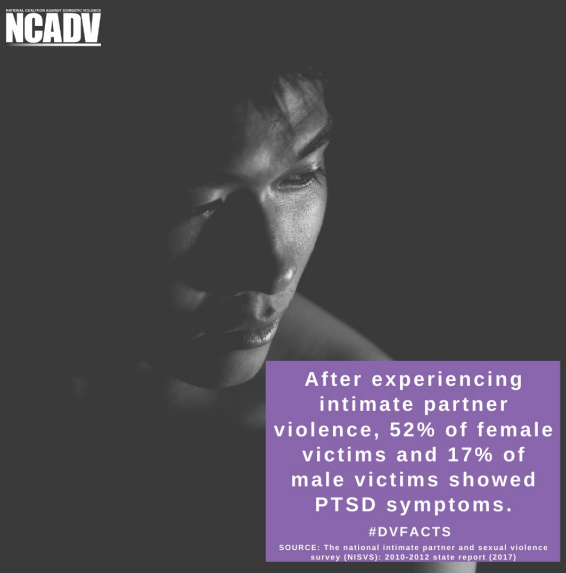
Healing takes time, compassion, and courage.



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.

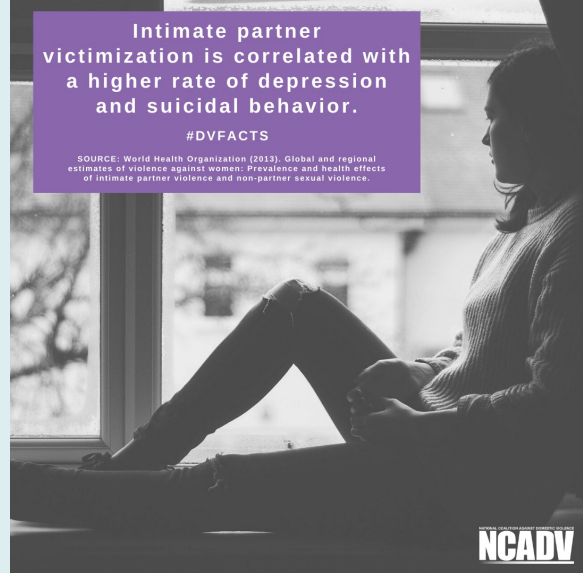
Consider these facts from the NCADV:



**Intimate partner victimization is correlated with a higher rate of depression and suicidal behavior.**

#DVFACTS

SOURCE: World Health Organization (2013). Global and regional estimates of violence against women: Prevalence and health effects of intimate partner violence and non-partner sexual violence.



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

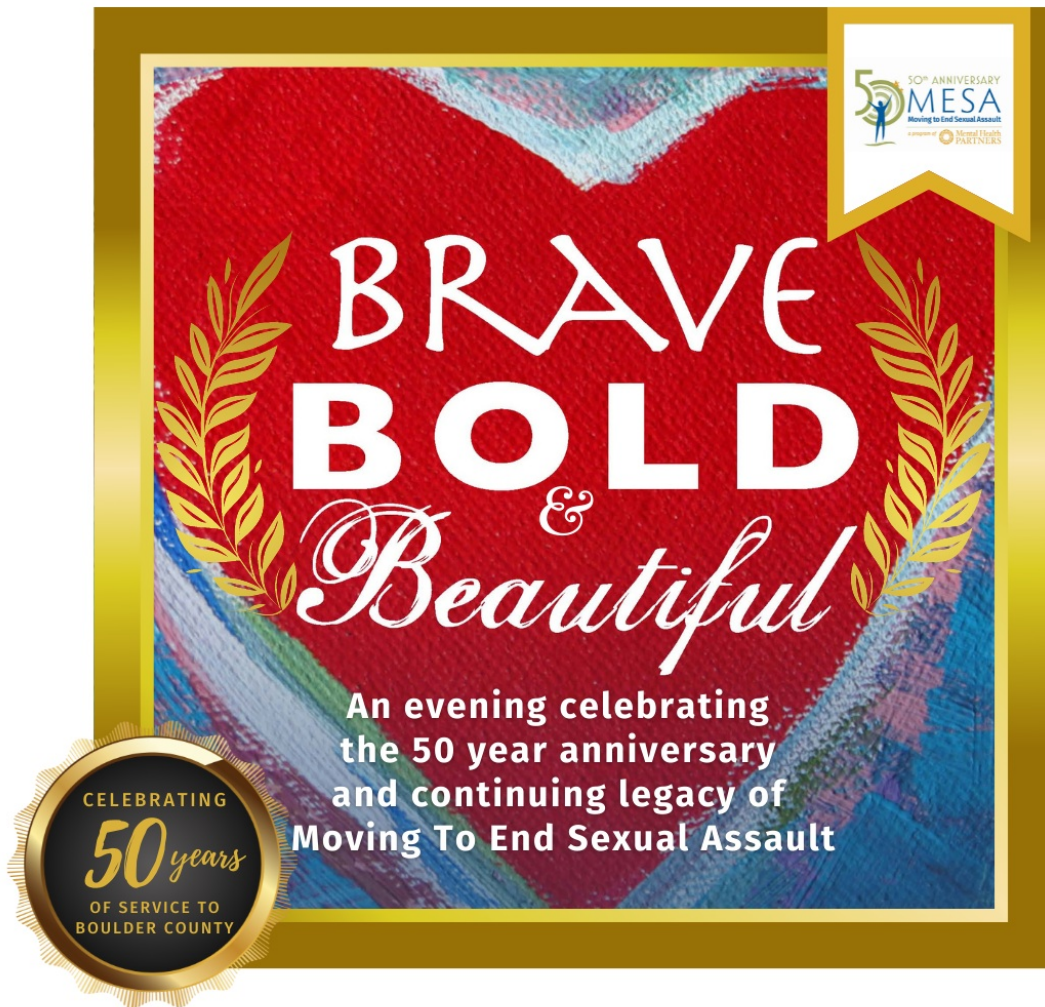
#### Dating Violence and Teen Domestic Violence

#### 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**



Get  
Tickets

**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!

[Get  
Tickets](#)

## 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 Statista 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



Colorado  
Spirit

**Jen Nelson**  
Child Specialist  
MEd, MS, MFTC

Jen is a trauma-focused Community Health Worker at Mental Health Partners specializing in supporting children of all ages and parents/caregivers. She works with families by providing short-term counseling, transitional emotional support and collaborates with community partners to provide psychoeducational information and resources.

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](#)

## Over \$42,000 Raised for Youth Suicide Prevention



The MHP Community Challenge 2022, Mental Health Partners' 5<sup>th</sup> 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!

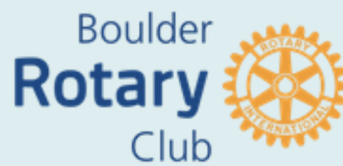
	Boulder Skyline Traverse Trail Challenge	Bike Challenge	Couch Challenge
MOST FUNDRAISED	Team Boulder Valley Rotary Club	Robert Sutherland	Team United Leadership
MOST DONATIONS GATHERED	Team Mustache Club	Team Flat Tire	Team LaBrea Monsters

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

Presenting Sponsor



Major Sponsor



In-Kind Sponsor



## 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](mailto:philanthropy@mhpcolorado.org).

## 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](#)

**GIVE**  
WHERE YOU  
**LIVE**

COMMUNITY FIRST FOUNDATION  
**COLORADO**  
**GIVES DAY** 1-TRANK  
ColoradoGivesDay.org Dec. 6

## 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 (YMHA) 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](mailto: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.*

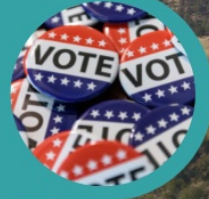


## Virtual Candidates' Forum on Behavioral Health

When: October 4 | 6-7:45 PM

Where: Virtual (Zoom)

*Spanish interpretation available.*



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

## 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](mailto:EMAIL_TRAININGS@MHPCOLORADO.ORG)



[See All Trainings](#)

## 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.

[mhpcolorado.org/careers](http://mhpcolorado.org/careers)



- options (Kaiser & Cigna)
- Work-life balance (We treat you like a human, not a number or resource!)
- Ability to contribute to a shared mission

Join Our  
Team

## 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.



6 Types of Self-Care



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

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with



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