

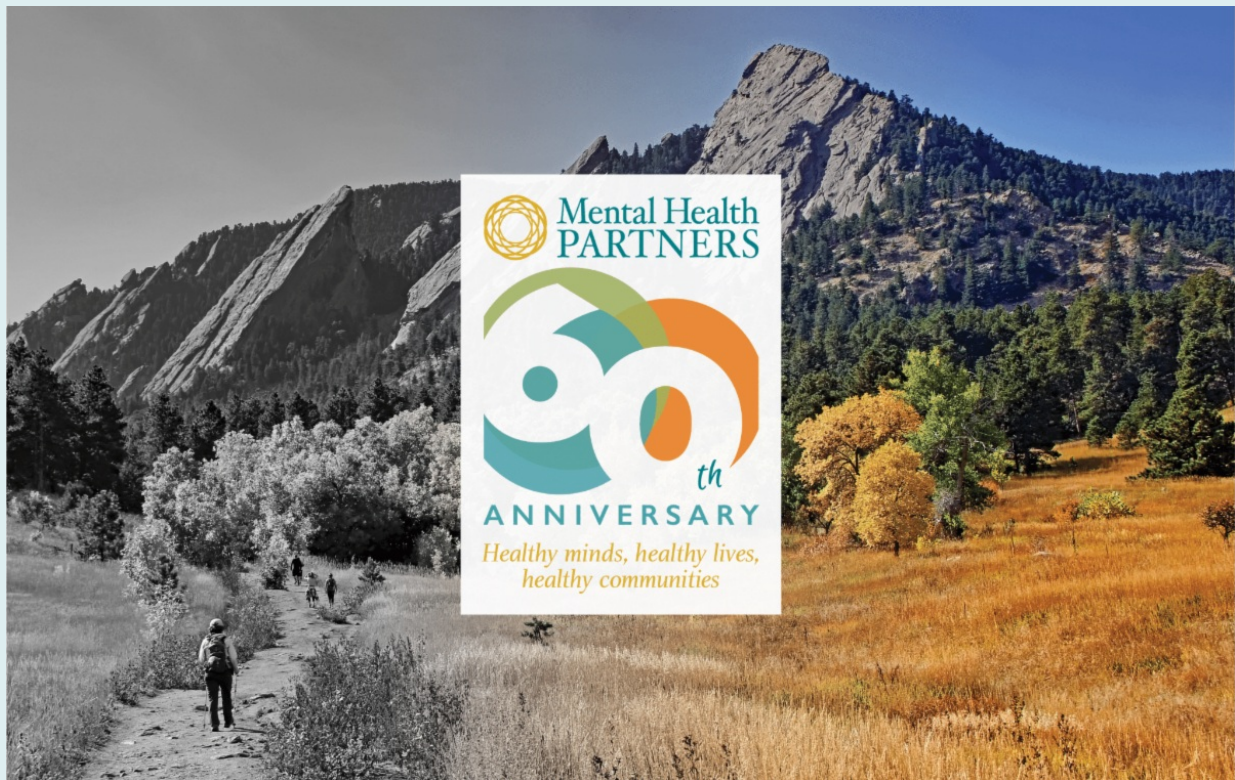


## Community Update

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



## Celebrating 60 Years of Service to Our Community



Our story began in November 1962, when we opened our doors as a mental health clinic. Our primary focus was and continues to be providing essential behavioral health treatment to those who would not have access to it otherwise. In the past six decades, we have seen our community through the era of JFK and impact of Dr. Martin Luther King, Jr., the 2013 floods, the COVID-19 pandemic, the Table Mesa tragedy, the Marshall Fire - and all the progress and obstacles in between. Through it all, we have strived to provide expert, compassionate, and personalized care from a team of multi-disciplinary and dedicated professionals.

As we celebrate 60 years of service, we also take a moment to reflect on our journey alongside our community. Adapting to an ever-evolving environment and incorporating advancements in behavioral science, we have expanded our services, opened new and convenient locations, pioneered programs, and made a commitment to build a future that embodies equitable health and wellness for all.

Thanks to the tireless efforts of our colleagues, the support of our partners, and the generosity of our donors, we are celebrating our 60th anniversary all year long. Follow us on social media and this monthly e-newsletter to stay informed about upcoming events, trainings, and opportunities to

celebrate with us.

## Our Story

### quick question



On a scale from 0-10, how likely is it that you would recommend MHP for behavioral health services to a friend or family member?



Mental Health  
PARTNERS

*Healthy minds, healthy lives, healthy communities*

### Would you recommend MHP?


We want your feedback! Please take a moment to answer this fully-anonymous, brief survey. Your response helps us understand how well we're doing to meet the needs of our clients and community.

[Review MHP](#)

November is Native American Heritage Month



# *Native American Heritage Month*



We recognize and honor the history, culture, and contributions of the original inhabitants of Colorado and the United States.



Since 1990, November has been designated as Native American Heritage Month. Here in Colorado, we occupy the traditional territories and ancestral homelands of several Native American nations - including the Arapaho, Cheyenne, Ute, and many others.

The legacy of these nations is written into the map of this region. Many place names in Boulder County reflect the indigenous history of the area - such as the town of Niwot, Ute Highway, Chipeta Park, Arapaho Glacier, the Arapaho Peaks, Arapahoe Avenue, Neva Road, Left Hand Canyon, and Left Hand Creek - to name a few.

We recognize that Indigenous/Native communities continue to experience harm from minoritization, discrimination, lack of access to resources, a breakdown of shared cultural experiences, and multi-generational trauma. Though there is no simple answer to the tragic cycle of violence and injustice directed towards members of the BIPOC communities, we believe that our actions, and the actions of other individuals and organizations, can contribute to the national dialogue and create long-lasting change.

We encourage you to learn more about the history of First Peoples in the United States and here in our own state, including the devastation caused by forced assimilation, removal, and genocide - as well as the rich ancestry, culture, and traditions of Native Americans.

Here are a few resources to get started:

- **"The Indigenous Period of Colorado", Museum of Boulder**
- **"Boulder's Indigenous History", Visit Boulder**
- **History of the Southern Ute Tribe**
- **Cheyenne and Arapaho Tribes**

- Right Relationship Boulder
- Native American Rights Fund

## News & Announcements

### MHP Presents About What It Takes To Become a "Gold Standard in Mental Health and Addiction Recovery Care"



Several representatives from Mental Health Partners recently attended the annual Colorado Behavioral Healthcare Council convention in Breckenridge. Sara Reid (pictured right), MHP's Grants & Program Evaluation Manager, was invited to participate in a panel discussion with other community mental health representatives from around Colorado about being a **Certified Community Behavioral Health Clinic (CCBHC)**.

MHP was the first mental health center in Colorado, and only 1 of 52 in the nation, to be awarded the prestigious grant and subsequent attestation to becoming a CCBHC - a "gold standard" in the delivery of mental health and addiction recovery care. We thank Sara and the many other MHP colleagues who committed to the vision and led us to success!

## MHP In The News

**Mental Health Partners:  
Help when you need it**  
*The Mountain-Ear*

**MHP looks at suicide  
prevention for minority  
communities**  
*Longmont Leader*

**MESA celebrates 50 years  
of service to Boulder  
County**  
*Daily Camera*



## Expanding Access to Care to Our Mountain Communities

Join us in welcoming Kaelan Bradley to the **Community Health Worker team**! Kaelan will focus on serving our mountain communities, bringing a wide range of experience, expertise, perspective, and passion. She is critical to the success of our broader mission to increase access to care in rural mountain communities. Earlier this year, we opened our **Nederland location** in partnership with **Clinica Family Health**. Together, Kaelan, the Nederland team, and Clinica are working to expand access to integrated, whole-person health services.



*"Hello! My name is Kaelan Bradley. I am MHP's new Community Health Worker for the mountain communities. Prior to joining MHP, I served as an AmeriCorps VISTA volunteer at Jefferson County Public Health (JCPH) in Lakewood, Colorado. As JCPH's Immunization Outreach and Education Coordinator, I spent the majority of my time facilitating community-based outreach events offering COVID-19 and flu vaccines. My experience at JCPH allowed me to work with diverse communities, form connections with community members, and collaborate with community stakeholders. I have found a passion for being emersed in the community and connecting people to health care services. I look forward to working in our mountain communities!"*

## Save the Date! Colorado Gives Day is Tuesday, Dec. 6th

For 24 hours, Colorado comes together to support 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.**

Give Where You  
Live



## Fundraise for Community Mental Health on Facebook



Did you know that you can create fundraisers on Facebook to support causes and nonprofit organizations that matter most to you? Mental Health Partners now accepts donations through Facebook! Create a Facebook fundraiser for your birthday (or just because), and invite your friends to help raise money for local mental health and addiction recovery care.

To learn how to get started, visit this Help page: [How do I create a personal fundraiser on Facebook?](#)

[Visit us on Facebook](#)

## 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](mailto:Trainings@mhpcolorado.org) for more information and to sign up.

# Upcoming Trainings & Classes

## Intro to Mental Health & Wellness

When: November 11 | 2-3:30 PM  
December 1 | 10:30 AM-12 PM

Where: Virtual (Zoom)

Cost: Free

*Spanish interpretation available.*



## Question, Persuade, Refer (QPR)

When: November 11 | 9-10:30 AM

Where: Virtual (Zoom)

Cost: Free



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

## Mental Health First Aid - Adults

When: November 12 | 8:30 AM-5 PM

Where: Ryan Wellness Center

Cost: Free



## SafeTALK

When: November 15 | 9 AM-1 PM

Where: Ryan Wellness Center

Cost: \$40



EMAIL [TRAININGS@MHPCOLORADO.ORG](mailto:TRAININGS@MHPCOLORADO.ORG)



See All  
Trainings

MESA Celebrates Success of Brave, Bold, & Beautiful 2022





From left to right: Brian Heider (Development & Marketing Manager), Gabe Belzer (Client Services Supervisor), Lindsey Breslin (Program Services Manager), Fievel (MESA's Facility Dog), Janine D'Anniballe (MESA Director), Christina Boykin (Executive Assistant and Operations Coordinator), Erin Devitt (Events Coordinator)

The MESA Team would like to extend our sincerest gratitude for the amazing community of supporters and donors who attended MESA's Brave, Bold & Beautiful 2022 fundraiser and 50th-anniversary celebration on Thursday, October 20th at Nissi's in Lafayette. Because of your enthusiastic spirit and generous giving, YOU made the evening a record-breaking success. **Together, we raised \$18,000 - almost double our goal!**

Thank you for prioritizing Boulder County survivors, supporting MESA's mission, and being such a brave, bold, and beautiful community moving together to end sexual assault!

**Not able to attend this year?  
Please consider making a donation today instead.**

**Support  
MESA**

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

### Why I work at Mental Health Partners?

*"Mental Health Partners is a great place to work. I love the people I work with and their dedication to the clients we serve. The administration is very supportive of staff and the work we do. Mental Health Partners has great benefits and opportunities for professional development."*

**Barb Guastella** started working at MHP in 1980. She is the





Housing Program Manager and oversees all housing programs and housing grants, in addition to community relationships related to housing for MHP clients.

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.



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

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