



## Community Update

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



## Tips for Coping with Holiday Stress

# COPING WITH HOLIDAY STRESS

Mental Health Partners

Whether or not you are celebrating the holidays, this time of year can be full of emotions - both positive and negative. For some, the holidays can be a difficult, overwhelming, and isolating experience. Fortunately, there are some tried-and-true ways to minimize your stress and/or anxiety.

Here are a few tips for coping with holiday stress:

### Tip #1: Do what's best for your household

The holidays can be hard. It's okay to politely decline invitations to holiday parties. Your health and peace of mind are important. Spending time with those in your household can bring you closer together. Some ideas of how to spend quality time with those you choose to be with include organizing fun activities such as watching movies, baking cookies, playing games, decorating your space, and enjoying the snow.

## Tip #2: Take care of yourself

Self-care is important all year long, including this time of year. Take care of yourself by staying active, eating your fruits and vegetables, and getting sufficient amounts of sleep. Take time out of your day to do something that makes you happy - whether that be listening to your favorite song, cooking your favorite meal, or enjoying your hobbies. Be kind to yourself. You are resilient. You are doing the best you can.

## Tip #3: Stay connected

Sometimes the greatest gift you can give is a listening ear. Phone a friend or connect with a loved one to avoid feelings of isolation. You can also call your therapist or a helpline if you need to talk to someone. Talking about what is on your mind can often help to alleviate some of those feelings of stress and/or anxiety.

[More Tips](#)

## Give Today on Colorado Gives Day



Today's the day! **December 6th** is Colorado Gives Day, the state's largest day of giving. Coloradans across the state are coming together to celebrate the nonprofits that make our communities strong.

Help support a local non-profit or mission that is close to your heart. At MHP, we make it easy to **give directly** to the services and programs that matter most to you - from suicide prevention education and crisis services, to trauma resilience and housing.

By giving a **tax-deductible** donation today, you can amplify your support. Each donation made on this day helps provide nonprofits like MHP an extra boost from Community First Foundation, FirstBank, and other community partners across the state.

[Give Where You Live](#)

## MHP's Commitment to Justice, Equity, Diversity, & Inclusion



As the community mental health provider for Boulder and Broomfield counties, MHP remains passionately committed to health equity. We are intentionally focused on breaking down systemic barriers to care by partnering with and advocating for clients and community in support of population health, recovery, and resiliency.

As we seek to build upon our work to expand access, MHP is excited to release our Justice, Equity, Diversity, and Inclusion (JEDI) Values. These Values reflect and shape how we put our mission into action. We are committed to **Justice & Humility, Vulnerability & Culturally Responsive Education, Accountability, Integrity, and an Equity Lens & Transparency.**

Look for more about each of these values in forthcoming issues of this e-newsletter.

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## Would You Recommend Mental Health Partners?

# quick question



**On a scale from 1-10, how likely is it that you would recommend MHP for behavioral health services to a friend or family member?**

1	2	3	4	5	6	7	8	9	10
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We want your feedback! We invite you to take this fully-anonymous, 2-question survey. Your response helps us understand how well we're doing to meet the needs of our clients and community. Thanks in advance for your time and consideration!

[Review MHP](#)

## 60 Ways MHP Makes a Difference



# 60 WAYS MHP MAKES A DIFFERENCE

MHP provides comprehensive behavioral health care to more than 11,000 area residents annually, with an average of more than 22 services per client.

In honor of MHP's 60th anniversary, we've shared 60 ways MHP makes a difference in our community every day. We invite you to visit our blog for the full list.

[Read More](#)



## News & Announcements

### MHP Peer Support Advocate Retires After 11 Years of Service



Mental Health Partners recognizes Sue Harig for 11 years of dedicated, compassionate, and invaluable service to our community as a Peer Support Specialist. Based out of our Wellness Education Center in **Longmont**, Sue has been a passionate advocate for MHP's Peer Support program for many years. We thank her for her outstanding service!

### MHP In The News

**Mental Health Partners core mission maintained after 60 years**  
*Broomfield Leader*

**Local experts lend advice to reduce holiday stress**  
*Longmont Leader*

**Crisis cards handed out as Marshall fire anniversary approaches**  
*Broomfield Leader*

**Counseling, other resources available to Marshall fire victims**  
*Broomfield Leader*

### Let's Connect: Free Parenting Group for Caregivers



**Let's Connect** is a 10-week parenting group that offers individualized training, skills modeling, and live support for caregivers of children and youth. Families gain specific tools for addressing behavioral challenges and talking about important - and sometimes difficult - family topics, including family transitions, divorce, separation, illness, trauma, grief, and loss.

This group is for ALL caregivers - including parents, grandparents, foster parents, etc. Learn how to identify and respond to a child's emotional needs and behavior in a way that builds connection and warmth, and promotes emotional competence, sense of emotional security, and well-being. Let's Connect was developed by the University of Colorado Boulder, and skills are grounded in developmental and clinical research.

## Meet Your Instructor:



**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.

## Details:

**Cost:** FREE

**Duration:** 1.5 hours weekly for 10 weeks

**Date:** Starting Wednesday, January 11, 2023 from 1-2:30pm

**Register:** Please contact Jen Nelson at [JNelson@mhpcolorado.org](mailto:JNelson@mhpcolorado.org)

*Space is limited*

**Register**

## Give a Gift To Your Community

As Winston Churchill once said, "We make a living by what we get. We make a life by what we give." This time of year in particular, contributions can make such a big impact on people experiencing mental illness. As 2022 comes to a close, supporting your community has never been easier!

You can give through the [MHP website](#), [Colorado Gives](#), by designating MHP through [Amazon Smiles](#), creating a fundraiser on [Facebook](#), or mailing your donation directly to Mental Health Partners at 1455 Dixon Avenue, Lafayette, CO 80026. Thank you for your continued support!

**Donate  
Today**



"We make a living  
by what we get.  
We make a life by  
what we give."

– Winston Churchill

## Expert-Led Trainings from Mental Health Partners

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 register.



### Question, Persuade, Refer (QPR)

Friday, December 9th, 2022

9-10:30 AM

Virtual/Zoom

FREE

The objective of this training is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. This course is open to anyone age 16 or older. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help

[See All 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.

MESA Recognized by the Colorado State Legislature



*The Senate  
of  
The Colorado Legislature  
Convened in Second Regular Session of the  
Seventy-Third General Assembly  
Hereby extends heartiest congratulations and commendation to:  
Moving to End Sexual Assault  
Boulder, CO*

**Moving to End Sexual Assault** (MESA), a program of Mental Health Partners, is grateful for The Senate of The Colorado Legislature's recognition of our 50 years of service to Boulder County.

About  
MESA

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

### MORE THAN A JOB IT'S A MISSION

HEALTHY MINDS. HEALTHY LIVES. HEALTHY COMMUNITIES.

MHP provides employees two options for comprehensive healthcare coverage through Kaiser Permanente and Cigna. All plans provide 100% coverage for preventative care.

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



It's open enrollment season in Colorado! This means that most people seeking health insurance can shop and compare plans on the **Connect for Health Colorado** marketplace.

At MHP, our mission (*Healthy minds. Healthy lives. Healthy communities.*) not only applies to those we serve, but also our colleagues.

We offer team members two comprehensive healthcare options through Kaiser Permanente and Cigna. All plans provide 100% coverage for preventative care.

Join Our  
Team

Follow Mental Health Partners on Social Media



Learn more about our trainings, add tools to your self-care 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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