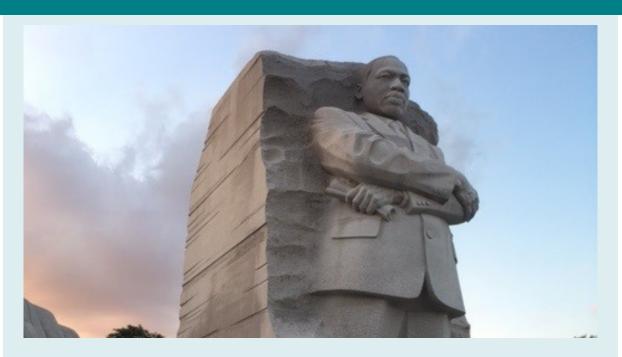


MLK's Legacy: Health Equity & the Social Determinants of Health



The Martin Luther King, Jr. Memorial, located in downtown Washington, D.C. Photo courtesy of Jennifer Leosz, co-CEO of Mental Health Partners.

Each year on the third Monday in January, the nation celebrates Martin Luther King, Jr. Day – an opportunity to reflect on the individual, ideas, and impact of this civil rights icon. Throughout his life, Dr. King championed important social causes such as poverty, discrimination, education, and housing – factors that many experts today refer to as the Social Determinants of Health.

Dr. King was well ahead of his time in understanding that the conditions and environments where people are born, live, learn, work, play, worship, and age greatly impact their quality of life, well-being, and a wide range of public health outcomes.

At MHP, we believe that we have a social responsibility to address inequities in the behavioral health system and – in the words of Dr. King - "raise the conscience of the nation."

While profound systemic and societal change does not happen overnight, we are committed to continuing our ongoing work with community partners and state leaders to deliver long-term health equity and justice for our clients, community, and colleagues.

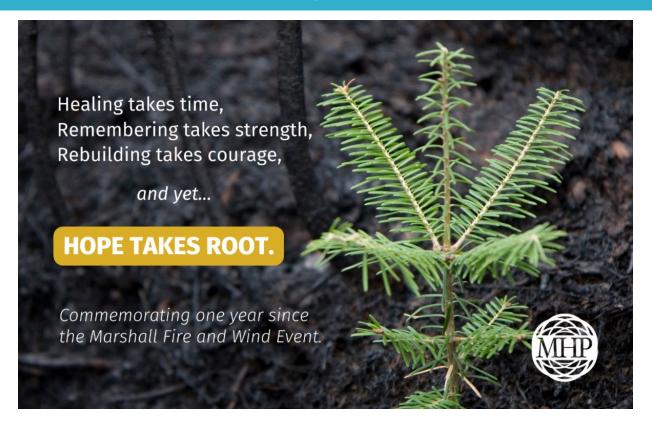


Quote of the Month

"Of all the forms of discrimination and inequalities, injustice in health is the most shocking and inhuman."

- Dr. Martin Luther King, Jr.

Marshall Fire One Year Later: Hope Takes Root



Together, as we mark 1-year since the Marshall Fire and Wind Event, we recognize that survivors can experience renewed trauma, something experts refer to as the "anniversary effect." This impact can be elevated by cold and windy weather events – or when smoke plumes and evacuation notices happen once again, such as the recent Sunshine Wildland/Sanitas Fire.

Healing is a journey – one that looks different for each person, family, and community. If you or a loved one need support, reach out to our Colorado Spirit team. You can contact us by phone (303-545-0852) or email (**CommunityOutreach@mhpcolorado.org**) – or visit our website for a list of community resources.

Wildfire Resources

Raises Money for Suicide Prevention Education



For every free throw made this season by Colorado Buffaloes Men's Basketball and Women's Basketball players, both at home and on the road, **Elevations Credit Union** has pledged to donate \$20 to Mental Health Partners. In total, Elevations is hoping to donate \$30,000 this season through their Hoops for Health campaign.

MHP thanks Elevations for this generous donation. And, of course...SKO BUFFS!

Get Involved

Save the Date: MHP Community Breakfast 2023



Mental Health Partners' 2023 Community Breakfast will be held on **Wednesday, May 3, 2023**, and is sponsored by Elevations Credit Union. For early-bird table registration and sponsorships, please contact our Community Relations & Philanthropy Office by email (**philanthropy@mhpcolorado.org**) or phone (**202-545-0842**). More information coming soon.

News & Announcements



Mental Health Partners is a 2023 Community Incentive Program grant recipient! With this award from the Colorado Community Health Alliance, we look forward to learning how we can partner with other organizations to help facilitate the adoption and implementation of our successful Community Health Worker (CHW) model in communities across Colorado - and even nationwide.

Our CHWs are trusted members of the communities they serve.

> **Meet Our CHW** Team

MHP In The News

Jennifer Leosz brings compassion to co-CEO role at **MHP BizWest**

Marshall Fire: Louisville mom finds joy in the season, but memories still haunt Daily Camera

One year after **Colorado's most** destructive fire, the community still grapples with the aftermath Aspen Public Radio

It's Time to Start **Talking About the** Connection **Between Our Mental** and **Physical Health** Yellow Scene Magazine

MESA Featured by Boulder Daily Camera

The Boulder Daily Camera highlighted Moving to End Sexual Assault (MESA), a program of Mental Health Partners. in their December nonprofit spotlight!

Check out the full interview with MESA Director Dr. Janine D'Anniballe.

> **Daily Camera Interview**





Expand your mental health toolkit!

Don't miss out on these upcoming trainings and classes. Email **Trainings@mhpcolorado.org** for more information and to register.



Date: January 11th, 2023 Time: 1 - 2:30 PM Location: Virtual (online)

Let's Connect Group

Let's Connect is a 10-week parenting class 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.

Cost: FREE



Date: January 16th, 2023 **Time:** 3:30 - 5 PM **Location:** Virtual (online)

Introduction to Mental Health and Wellness

This training is an introduction to mental health, selfcare, and mental distress. Learn how to recognize the signs of distress, how to help someone experiencing a mental health crisis, and where to get help or refer others.

Cost: FREE



SafeTALK

SafeTALK is a half-day training program that teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. SafeTALK stresses safety while challenging taboos that inhibit open talk about suicide.

Cost: \$40 (scholarships available upon request)

Date: January 18th, 2023 **Time:** 8:30 AM - 12:30 PM **Location:** Ryan Wellness Center,

Boulder (Colorado Rooms)



Date: January 20th, 2023 **Time:** 10 AM - 5 PM

Location: Good Samaritan Medical

Center, Lafayette

Adult Mental Health First Aid (MHFA)

Mental Health First Aid is an early intervention public education program that teaches adults how to recognize the signs and symptoms that suggest a potential mental health challenge, how to listen nonjudgmentally and give reassurance to a person who may be experiencing a mental health challenge, and how to refer a person to appropriate professional support and services. MHFA takes the fear and hesitation out of starting conversations about mental health and substance use problems by improving understanding and providing an action plan to safely identify and address potential disorders.

Cost: FREE



Date: January 24th, 2023 Time: 9 - 10:30 AM Location: Virtual (online)

Question, Persuade, Refer (QPR)

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

Cost: FREE

Caring for Young Children Classes: Learning in Everyday Routines in SPANISH

Young children learn best through relationship and play. Learn ways to incorporate learning opportunities for early literacy and math skills in your everyday routines.

Los niños pequeños aprenden mejor a través de la relación y el juego. Aprenderemos maneras de



incorporar oportunidades de aprendizaje para la alfabetización temprana y las habilidades matemáticas en sus rutinas diarias.

Cost: FREE

Date: January 26th, 2023 **Time:** 6 - 7:30 PM

Location: Longmont Library (409 Fourth Ave. Longmont, CO)



Lafayette Dates:

- January 16, 2023
- January 23, 2023
- January 30, 2023
- February 6, 2023

Time: 10:30 - 11 AM

Location: Lafayette Library (775 Baseline Rd, Lafayette, CO)

Longmont Dates:

- January 12, 2023
- January 19, 2023
- January 26, 2023
- February 2, 2023

Times:

• 10 - 10:30 AM

• 11 - 11:30 AM (Spanish)

Location: Longmont Library (409 Fourth Ave. Longmont, CO)

Social-Emotional Circle Times for Preschoolers Ages 3-5

Identifying and controlling big emotions can be hard, especially for young children! Kid Connects in the Neighborhood will provide a space for children and caregivers to learn how to identify big emotions and discuss ways to manage those feelings. This will be a fun interactive time for us all to explore and express our feelings!

Identificar y controlar las grandes emociones puede ser difícil, especialmente para los niños pequeños. Conectando a Niños en el Vecindario proporcionará un espacio para que los niños y los cuidadores aprendan a identificar emociones grandes y a hablar sobre maneras de manejar esos sentimientos. ¡Este será un tiempo interactivo divertido para que todos nosotros exploremos y expresemos nuestros sentimientos!

Cost: FREE

Baby Connections for Caregivers and Their Babies



We will be using the evidence-informed curriculum, "Parenting in Parent Education," which supports caregivers' understanding of early development and strengthens relationships with the children they care for. Bring you and your baby for fun activities and learning together!

Cost: FREE

Date: January 24, 2023 **Time:** 10 - 10:30 AM

Location: Longmont Library (409 Fourth Ave. Longmont, CO)

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 (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.

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

Wellness is essential for every part of your life, including in the workplace. At MHP, we invest in our colleagues through awesome health and wellness benefits - such as:

- 10 free therapy appointments per year
- Comprehensive and affordable health insurance
- Retirement and financial planning services
- Fun wellness challenges
- Group activities
- And so much more!

Join Our Team



Current Job Opportunities

Acute Care Psychiatrist

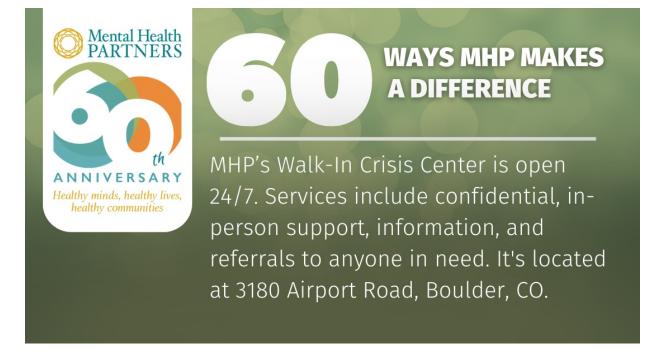
Masters Degree | Bilingual Therapist

Prevention Interventionist

Insurance Verification | Revenue Cycle Team

Behavioral Health Professional (BHP) | Spanish

How MHP Makes a Difference in Our Community



In honor of our 60th anniversary, we've shared 60 ways MHP makes a difference in our community. Check out the full list on our blog.

Connect With Mental Health Partners

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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