



Healthy minds, healthy lives, healthy communities

Community Update

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



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.

Read
More

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

Healing takes time,
Remembering takes strength,
Rebuilding takes courage,
and yet...

HOPE TAKES ROOT.

*Commemorating one year since
the Marshall Fire and Wind Event.*



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

SKO BUFFS! Each Free Throw Made by CU Buffs Basketball Players

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

MHP Selected to Scale Innovative CHW Program



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 non-profit spotlight!

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

Daily Camera Interview

NONPROFIT Spotlight

MESA sees increase in hotline calls, wants to end sexual violence

By Shelley Widham

Through the year isn't over, Moving to End Sexual Assault (MESA) has had more calls to its 24/7 hotline than in its history. MESA, a sexual violence resource center serving Boulder County, handled 1,879 hotline calls and text line messages through November, compared to 1,458 calls and texts in 2021, the highest year on record.

"It's too many people needing our services," said Janine D'Anniballe, a licensed psychologist with a doctorate in counseling psychology and the director of MESA, a program of Mental Health Partners based in Lafayette. "Is it because there's more sexual violence or because people are reaching out for help, that's the question."

MESA, founded in 1972, provides support and services to survivors of sexual violence, including emotional support, support groups, hospital accompaniment, legal advocacy and case management services, plus gives referrals to other resources from mental health providers to essential supports like housing and food.

"We want to make sure no one has to go through sexual trauma alone," D'Anniballe said.

The nonprofit was founded when two young girls walking home from a party were lured into a van, taken into the mountains west of Boulder and sexually assaulted with one surviving—a group of volunteers got together and said this can't happen again in Boulder. The

volunteers initially called their group HARM, Humans Against Rape and Molestation, becoming the Boulder County Rape Crisis Team two years later.

D'Anniballe changed the name in 1999 when she became the director. "I changed it to Moving to End Sexual Assault because it more accurately expressed what we did in terms of the prevention work as well," D'Anniballe said.

MESA's mission is to support survivors of sexual violence, to offer victim advocacy and to provide prevention education to help reduce the prevalence and incidence of sexual violence, such as in schools, community groups and professional groups and through outreach at community events.

"There has been a ground swell of community education to understand what sexual violence is," D'Anniballe

said. "We're taking active steps to change it, but I wish we had more resources to do that work."

MESA, which has one prevention educator for all of Boulder County, was able to serve more than 7,000 people with prevention programming in 2022, D'Anniballe said.

"It's a societal problem," D'Anniballe said. "It's not an individual mental health problem. It's rooted in rape culture. It stems from a societal problem we have the ability to change and correct."

The rape culture, normalization, minimization and victim-blaming ("it's not a big deal," "just get over it") allows the crime and behavior of sexual violence to continue, D'Anniballe said.

"We're all part of that," D'Anniballe said. "We've all endorsed parts of rape culture at different points in different ways and at

different times. We all need to get better."

According to the research, one in four women and one in six men will experience sexual assault sometime in their lifetime. The #MeToo movement in 2016 provided awareness about sexual assault and violence but didn't solve the problem.

"We still have a ton of work to do to eradicate sexual violence from our culture," D'Anniballe said. "I want people to know that it's still an issue and pervasive in our country. MESA is doing our best to lead (that effort), but we need everybody's help, whether that's through donations, to volunteer or to subscribe to our newsletter to follow us and know what's going on. That's a way to support our mission."

MESA is funded by local and federal grants, donations and fundraising. To donate or to sign up for MESA's newsletter, visit movingtoendsexualassault.org.

"We always need more volunteers," D'Anniballe said, adding that MESA is a team of 8 and more than 30 active volunteers help the staff.

"We are always training new volunteers. They are really crucial to our service delivery."

10th ANNIVERSARY
MESA
MOVING TO END SEXUAL ASSAULT

1455 Dixon Ave.,
Lafayette, CO 80026
303.443.0400
movingtoendsexualassault.org

Expert-Led Events from Mental Health Partners

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, self-care, 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



Date: January 26th, 2023
Time: 6 - 7:30 PM
Location: Longmont Library (409 Fourth Ave. Longmont, CO)

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

Cost: FREE



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](#)

MORE THAN A JOB IT'S A MISSION

HEALTHY MINDS. HEALTHY LIVES. HEALTHY COMMUNITIES.

Through our Well@Work Program, MHP encourages, promotes, and supports employees' overall health and wellness through a wholistic approach to wellbeing.

mhpcolorado.org/careers



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



60

WAYS MHP MAKES A DIFFERENCE

MHP's Walk-In Crisis Center is open 24/7. Services include confidential, in-person support, information, and referrals to anyone in need. It's located at 3180 Airport Road, Boulder, CO.

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

[Unsubscribe mhpsocialmedia1962@gmail.com](mailto:mhpsocialmedia1962@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by mhpsocialmedia1962@gmail.com in collaboration
with



Try email marketing for free today!