



Community Update

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



A Reminder to Love Yourself This Valentine's Day



While February 14th is widely celebrated as a day to share your love with someone near and dear to your heart, don't forget to also show yourself some love this Valentine's Day! Self-care has become a bit of a buzzword these days, but the fact is it can significantly impact your mental health and wellness.

Self-care can take many forms. Maybe it means going on a walk, taking a bath, reading a book, or practicing meditation or yoga. Or perhaps self-care means being around loved ones, learning a new skill, or dancing to your favorite song. Whatever self-care looks like for you, try to take some time soon to focus on the things that bring you joy - not just on February 14th but all year long. Only by loving ourselves can we truly and effectively love others.

On this day, we also recognize that some people may experience feelings of loneliness, anxiety, grief, or loss in the absence of a loved one. These emotions can be heightened by seeing social media posts of your friends and family happy with loved ones. It's okay to turn off social media on Valentine's Day (and the days leading up to it) if you need to. If you're struggling, reach out to a trusted family member, friend, or therapist to get the support you need.

Self-Care

Quote of the Month

"A setback is just a setup for a comeback."

- Bebe Moore Campbell

An American author, journalist, teacher, and mental health advocate who worked tirelessly to shed light on the mental health needs of the Black community and other underrepresented communities.

Mental Health By the Numbers

5.5 million

In the United States, 10.8% of adults with a mental illness (over 5.5 million) are uninsured.

Source: *The State of Mental Health in America 2023 report*, [Mental Health America](#)

New JEDI Learning & Development Facilitator Brings "Urgency and Passion" to Health Equity



MHP is excited to welcome Kat Martinez, our new JEDI Learning and Development Facilitator and Curriculum Specialist!

Prior to joining MHP, Kat taught Gender, Women, and Sexualities Studies at MSU Denver for seven years, before leading a team of JEDI professionals as Associate Dean of Diversity, Equity, and Inclusion at the University of Arizona's College of Veterinary Medicine.

Kat recently shared what drew them to this role:

"I was drawn to MHP because of its willingness to openly identify anti-racism as a value and goal, and because of the alignment between my values with MHP's JEDI values."

But perhaps the most transformational experiences that led me to JEDI work at MHP were more personal than professional: beginning in early life, I experienced unbelonging and the impacts of inequitable systems and practices. As a result, I have a deep sense of urgency and passion for creating inclusive and just environments."

Kat Martinez

they/them

JEDI Learning & Development Facilitator and
Curriculum Specialist

Community Health Worker Spotlight: Alejandro Rodriguez

Alejandro is a bilingual, bicultural outreach worker on the Community Health Worker Team at Mental Health Partners. Originally from Mexico and now a resident of Boulder County, he is passionate about working with monolingual Spanish-speakers, under-resourced communities of color, and LGBTQ+ communities.

Through his work, Alejandro hopes to address stigma and normalize conversations about mental health. He works closely with community partners such as **OUR Center**, **Community Food Share**, and others.

Meet Alejandro



Alejandro Rodriguez

he/his/él

Community Health Worker

"Mi tiempo en MHP ha sido una gran experiencia. Trabajo con un equipo muy fuerte, con personas que están comprometidas a ayudar a nuestras comunidades. A través de nuestro trabajo, conectamos con nuestra comunidad de manera directa en donde ellos se encuentran. Damos información a la comunidad sobre nuestros servicios en MHP y también los conectamos con otros recursos dentro del condado de Boulder y Broomfield. Estoy feliz de ser parte de este equipo y esta organización que se preocupa por la salud mental de sus empleados y de nuestras comunidades."

"My time at MHP has been a great experience. I work with a very strong team of individuals who are committed to helping our communities. Through our work, we reach our communities and meet them where they are. We inform the community about our services and we also connect them to other resources within Boulder and Broomfield counties. I am happy to be part of this team and this organization that cares for the mental health of its employees and our communities."

Calling Bike Enthusiasts! Join The MHP Community Challenge 2023



Our 6th annual fundraiser to help prevent suicide will be taking place in Summer 2023! While summer may seem far away on these cold winter days, we are already looking to invite volunteers to meet our committee and help organize this year's virtual Bike Challenge.

If you're a bike enthusiast in the Boulder area, please join our suicide prevention fundraising work. Contact us at philanthropy@mhpcolorado.org or (303) 545-0842 to find out how you can get involved.

Other News, Announcements, & Updates

Boulder Rotary Clubs Donate Coats to MHP Clients



Hans Wiik (pictured left), a former MHP Board Member and past interim CEO, recently dropped off over 30 warm coats donated by members of the **Boulder Rotary Club** to the Ryan Wellness Center. This follows the annual coat drive provided by the **Boulder Valley Rotary Club** back in December, which was spearheaded by Bill Farrow - another former board member who also co-chairs the annual MHP Challenge fundraiser. These much-needed donated coats will be put to good use helping keep clients warm on these cold winter days.

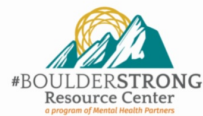
Phoenix Women's Business Networking Group Donates Gift Bags to Longmont Clients

The Longmont Child and Adolescent Team hosted the 13th annual Winterfest in January. Winterfest is an opportunity for our women clients to come together and celebrate their achievements over the last year, reflect on ways they are growing and changing, and identify hopes and goals for the next year.

For the past several years, the **Phoenix Networking Group**, a group of Longmont area businesswomen, has donated gift bags to give out to these women. The bags contain things like hats, gloves, hygiene products, hair products, socks, bracelets, nail polish, lip balm, journals, makeup, pencils, lotions, and gift cards.



New Hours for the Boulder Strong Resource Center



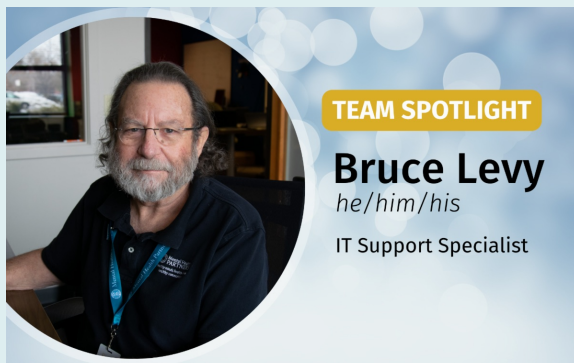
HOURS OF OPERATION

Monday: 10am – 6pm
Tuesday: 10am – 6pm
Wednesday: 10am – 6pm
Thursday: 10am – 6pm
Friday: 10am – 6pm
Saturday: 11am – 4pm (closed 2nd and 4th Saturdays)
Sunday: Closed

The **Boulder Strong Resource Center** is a safe place of healing and support dedicated to serving residents, visitors, and first responders affected by the Boulder Table Mesa tragedy. Visit their website for more information about services and hours.

We Are Boulder Strong

From Our Blog



Team Spotlight: Bruce Levy, 31 Years at Mental Health Partners (And Counting)



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

Save the Date: MESA's 25th Annual Canine Classic

The Canine Classic is **Moving to End Sexual**

Assault's largest annual fundraising event. Join us for this dog-friendly fun run and walk for participants of all ages. A canine companion is welcomed but not required. All are welcome! The event includes an expo with music, vendors, and fun activities.

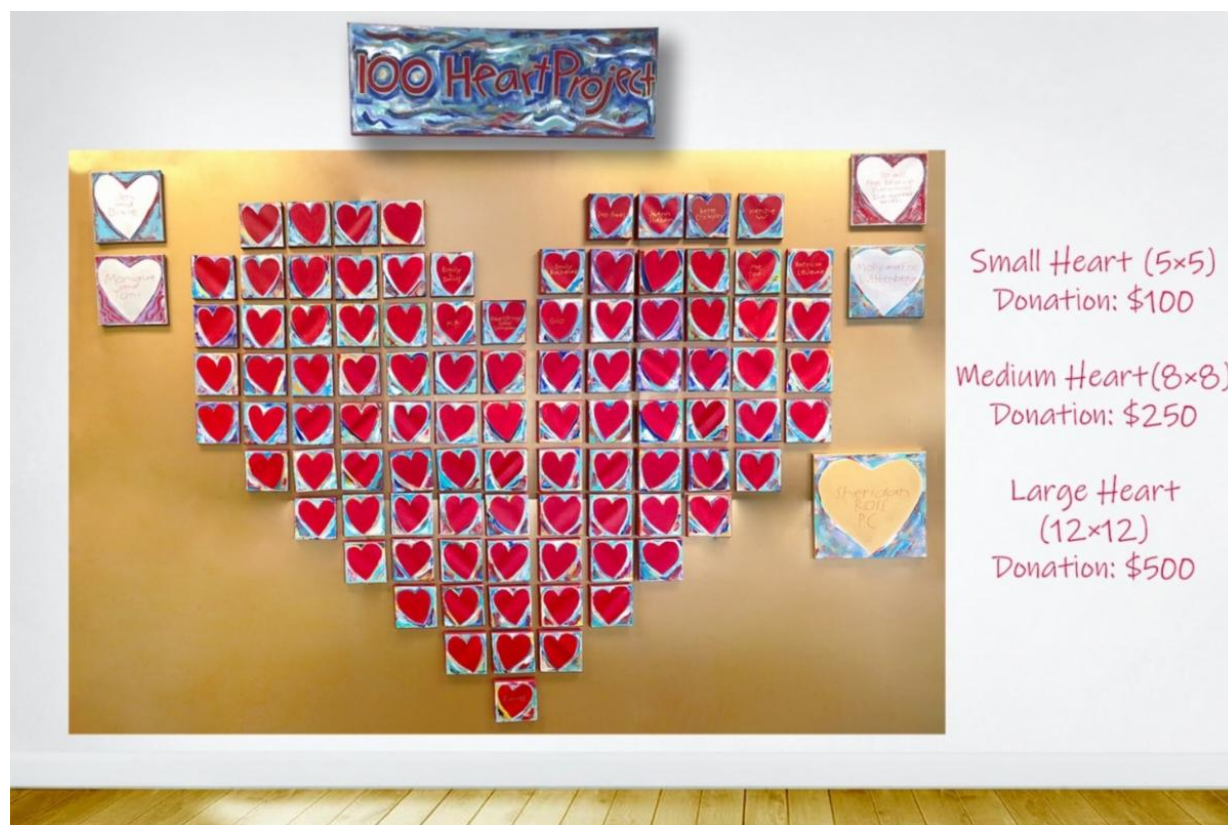
When: Saturday, April 29th from 9 AM - 1 PM

Where: Harlow Platts Community Park (Boulder)

More info coming soon!



Honor a Loved One Through MESA's 100 Heart Project



The hearts are hand-painted by Kristin Sheldon, long-time MESA supporter and owner of the renowned Heartstrings Card Company in Boulder.

Make a meaningful contribution to honor or remember someone for Valentine's Day by sponsoring a MESA heart through our **100 Heart Project**. When you make a donation to this project, you can add a name or message to the heart during the month of February. If you would like, you can visit the MESA office to personalize your heart and get your picture taken as a proud donor with Fievel, MESA's Facility Dog. Or you can tell us how you would like your heart personalized and we will do that for you!

Hearts will be permanently displayed in the MESA office as a symbol of strength and support for survivors everywhere. A portion of your tax-deductible gift will fund services for survivors and

[Donate](#)

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.

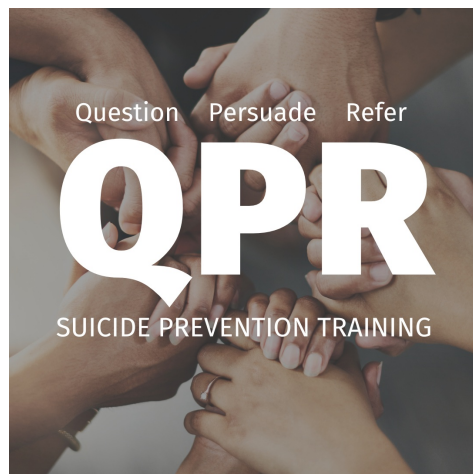


Mental Health Support for Younger Children

Our kids face many challenges in such an uncertain world. How can you help 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 years are welcome. Registration required.

Date: Friday, February 10th
Time: 1 - 2:30 PM
Location: Virtual (online)
Cost: FREE

[Register](#)



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.

This training is offered to individuals who reside or work in the City of Boulder free of charge, as part of a generous partnership with the City.

Dates:

- Wednesday, February 15th
• 3:30 - 5 PM
- Monday, March 6th
• 5 - 6:30 PM

Location: Virtual (online)
Cost: FREE



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.

This training is offered to individuals who reside or work in the City of Boulder free of charge, as part of a generous partnership with the City.

Date: Thursday, February 23rd

Time: 9 - 10:30 AM

Location: Virtual (online)

Cost: FREE



Youth Mental Health First Aid (MHFA)

Mental Health First Aid is an early intervention public education program. It teaches adults who work with young people how to recognize the signs and symptoms that suggest a potential mental health challenge, how to listen nonjudgmentally and give reassurance to youth who may be experiencing a mental health challenge, and how to refer them to appropriate professional support and services.

This training is offered to individuals who reside or work in the City of Boulder free of charge, as part of a generous partnership with the City.

Date: Monday, February 27th

Time: 8:30 AM - 4:30 PM

Location: Ryan Wellness Center,
Boulder

Cost: FREE



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.

Date: Wednesday, March 8th

Time: 8 AM - 5 PM

Location: Ryan Wellness Center,



Lafayette Dates:

- Monday, February 13th
- Monday, February 20th
- Monday, February 27th
- Monday, March 6th

Time: 10:30 - 11 AM

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

Longmont Dates:

- Thursday, February 9th
- Thursday, February 16th
- Thursday, February 23rd
- Thursday, March 2nd

Times:

- 10 - 10:30 AM
- 11 - 11:30 AM (Spanish)

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

Cost: FREE

Kid Connects: 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 provides a space for children and caregivers to learn how to identify big emotions and discuss ways to manage those feelings. This is 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!



Kid Connects: Baby Connections for Caregivers and Their Babies

Using the evidence-informed curriculum, "Parenting in Parent Education," we help support caregivers' understanding of early development and strengthen relationships with the children they care for. Bring you and your baby for fun activities and learning together!

Dates:

- Tuesday, February 14th
- Tuesday, February 28th

Time: 10 - 10:30 AM

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



Kid Connects: The Importance of Child-Led Play and How to Do it Effectively

Research shows that child-led play supports learning, relationships, and emotional processing. Learn how child-led play can support your child. We will also teach strategies for how to engage in and sustain child-led play.

Date: Tuesday, February 21st
Time: 6 - 7:30 PM
Location: Longmont Library (409
Fourth Ave. Longmont, CO)
Cost: FREE

[See All
Trainings](#)



MHP is proud to partner with **Boulder County Community Services** to provide Mental Health First Aid (MHFA) training for adults and youth 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

Looking to become a licensed mental health professional?

MHP helps recent Master's graduates of Psychology, Social Work, Counseling, and other related degrees get the supervision required for licensure. You don't have to pay for hours at MHP!

[Join Our
Team](#)

MORE THAN A JOB IT'S A MISSION

HEALTHY MINDS. HEALTHY LIVES. HEALTHY COMMUNITIES.

Looking to become a licensed mental health professional? MHP helps recent Masters graduates of Psychology, Social Work, Counseling, and other related degrees get the supervision required for licensure. You don't have to pay for hours at MHP!

mhpcolorado.org/careers



Current Job Opportunities

ACT Therapist

Child and Family Outpatient Therapist

Parent Infant Mental Health Therapist

Substance Use Disorder (SUD) Therapist

Connect With Mental Health Partners

Learn more about upcoming trainings and events, add skills to your self-care toolkit, get inspired, and stay informed on important local mental health news!

Follow @MentalHealthPartners on social media and connect deeper with your community mental health center. You can find us on **Facebook**, **Twitter**, **Instagram**, **YouTube**, and **LinkedIn**.



We want to make sure no one has to go through sexual trauma alone. 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.

– Janine D'Anniballe

Director of Moving to End Sexual Assault (MESA), a program of Mental Health Partners



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