- O Use this contribution where most needed.
- O Other
- Send me information on bequests and deferred gifts for MHP.

Enclosed is my tax-deductible charitable contribution of: \$ (Make checks payable to MHP)

I would like to use my credit card to make this gift:

ACCOUNT #

Mail to: Mental Health Partners, ATTN: Philanthropy 1455 Dixon Ave., Suite 300, Lafavette, CO 80026 Or visit www.mhpcolorado.org and click on DONATE to contribute online.

To sign up to receive information about MHP electronically, visit www.mhpcolorado.org/community.



Mental Health Partners, ATTN: Philanthropy 1455 Dixon Ave., Suite 300 Lafayette, CO 80026



# Community UPDATE



HEALING IS OUR PURPOSE. HELP IS OUR PROMISE. HEALTH IS OUR PASSION.

## MARSHALL FIRE REFLECTION

PAGE 2

As we mark 1-year since the Marshall Fire, some survivors may experience renewed trauma. Get support and resources.

#### **EMPLOYEE SPOTLIGHT**

Bruce Levy shares what inspires him after more than three decades of service at Mental Health Partners. PAGE 2

## COMMUNITY **BREAKFAST**

MHP is hosting a national subject matter expert to discuss suicide prevention and equity in the workplace.

PAGE 3

#### MESA PREVENTION **EDUCATION**

From January 2021 to July 2022, MESA empowered 7,000 students in Boulder County to increase awareness of sexual violence.

PAGE 3

## RECRUITMENT Why Join the MHP Team?

"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.

Visit our website or scan the QR code to see our career opportunities!





Did you know MHP provides comprehensive behavioral health care to more than 11,000 area residents annually, with an average of more than 22 services per client? Visit our blog to discover 60 ways Mental Health Partners makes a difference in our community. While you're there, we invite you to explore other content and stories from the front lines of community mental health.



Connect with us: (303) 443-8500 www.mhpcolorado.org



MentalHealthPartnersCO ( @MentalHealthCO



As a 501(c)(3) nonprofit organization, Mental Health Partners relies on community support to help us provide convenient, affordable, and accessible mental health and addiction recovery services to individuals and families in Boulder and Broomfield counties. Together, we work towards a common vision of creating healthy minds, healthy lives, and healthy comm

## Recovery, Rebuilding, & Resilience

One Year Since the Marshall Fire



"In those hours, I truly felt like my entire identity, my past, and everything I loved was burning away in the giant firestorm as I stood watching helplessly."

- Katie Reynolds

For many community members - including Katie Reynolds, an MHP Outreach team member who grew up in Louisville - December 30th, 2021 is a date they will never forget. On this day, a fast-moving wildfire fueled by extreme winds swept through the City of Louisville, the Town of Superior, and unincorporated Boulder County, destroying and damaging over 1,000 homes and 30 commercial structures. It was Colorado's most destructive wildfire ever in terms of property loss.

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."

Healing is a journey - one that looks different for each person, family, and community. While signs of regrowth and rebuilding have already begun to sprout from the ashes, many in our community continue to struggle emotionally, financially, and psychologically.

In March 2022, Mental Health Partners launched a grant-funded initiative through our Colorado Spirit Crisis Counseling Program (CCP) to offer counseling services, crisis support, and resource navigation to those impacted by the Marshall Fire. Beyond individual meetings, this team facilitated support groups, made care packages, shared resources in community spaces like coffee shops and libraries, attended milestone events - including the Weekend of Healing at the Louisville Recreation and Senior Center and much more.

To heal a whole community, it takes a network of partners working together to recover, rebuild, and reinvest in resilience. We recognize recovery takes time, and we are committed to offering continued support. Those impacted by the Marshall Fire can get support by phone (303-545-0852) or email (CommunityOutreach@ mhpcolorado.org). Visit our website for additional resources.

## **Prevention and Equity in the Workplace**

How do cultural biases in our communities and workplace affect peoples' wellbeing, and the likelihood for suicide ideation? How can communities and workplaces be active places of support and care for individu-

**Culture Shift: Promoting Suicide** 

als, regardless of their identities

and intersectionalities? These questions and more will be explored at The MHP Community Breakfast on Wednesday, May 3rd, 2023. This event is sponsored by Elevations Credit Union.

Our keynote speaker is Brandon J. Johnson (M.H.S., MCHES), a subject matter expert in suicide prevention and the creator of The Black Mental Wellness Lounge - a YouTube hub for Black mental health resources, support, conversations, and advocacy. Johnson is a tireless advocate for positive mental health and suicide prevention services for youth and adults, both at the national level and within the local community of Baltimore, MD, where he lives and works.

On a national level, Johnson leads efforts around suicide prevention with states, tribes, territories, and healthcare systems. He is a national leader in the integration of suicide prevention and health equity, as well as

community-centered suicide prevention. He served as Director of Suicide Prevention for the State of Maryland, where he also worked on the topics of youth violence prevention and human trafficking.

Through a lens of justice, equity, diversity, and inclusion, Johnson focuses on identifying, understanding, and addressing cultural biases to ensure all people can enjoy fulfilling and joyful lives. At the Breakfast, he'll also address how each of us can contribute to improving community mental health across various sectors and points of influence.

For early-bird table registration and sponsorships, please contact MHP's Community Relations & Philanthropy Office by email (philanthropy@mhpcolorado.org) or phone (303-545-0842).



MHP's Community Breakfast 2022

## **CREATE A FACEBOOK FUNDRAISER TO** SUPPORT MHP

## Fundraise for MHP on Facebook

Did you know you can create fundraisers on Facebook to support causes and nonprofits that are close to your heart? Mental Health Partners now accepts Facebook donations! Create a fundraiser for your birthday (or just because), and invite your friends to help raise money for suicide prevention, mental health, and addiction recovery.

## EMPLOYEE SPOTLIGHT: Bruce Levy (he/him)

Hi, my name is Bruce and I've worked at Mental Health Partners for the last 31 years. I joined MHP in 1991 as a mental health worker at Cedar House (now Warner House). In 1992, I combined my counseling degree with my previous business experience by supervising at WAT Business Services ("The WATshop"), which was an affirmative business run by MHP that

employed clients. Around 2006, I chaired a committee that launched MHP's Peer Support Specialist program. This program helps connect clients to people with similar lived experience who can support their path to wellness by providing resources for employment, physical health, behavioral health, housing, food insecurity, and more. This is part of our integrated whole-person health model, which seeks to provide people with quality of life beyond just keeping them out of hospitals. In 2014, I became the Computer Lab Supervisor at the Ryan Wellness

Center (RWC). Since then, I've worked for the IT department as a Support Specialist and recently reopened the RWC Computer Lab following the COVID pandemic closures.

The most rewarding part about the work that I do is having the ability to form heartfelt connections that fuel my passions. I enjoy running into clients I've known for years and renewing those connections. I also cherish the role I now have as an 'elder' at MHP, contributing my experience, perspective, and (occasionally) wisdom to my fellow colleagues. The people I work with have inspired me with their skills, dedication, and (most of all) huge hearts.

It has been a privilege and blessing to work for over three decades at MHP. And I'm not done yet! Come visit me in the Computer Lab at Ryan Wellness Center in Boulder on Mondays, Tuesdays, and Wednesdays.

## MESA Reaches 7,000 Boulder Students Through Prevention Programs



Janine D'Anniballe, Ph.D., Director of Moving to End Sexual Assault - a program of Mental Health Partners - for the last 23 years.

Moving to End Sexual Assault (MESA), a program of Mental Health Partners. provides prevention education programs that empower participants to lead the transformation of our culture, from one which normalizes and encourages sexual violence to a culture based on consent and respect. From January 2021 through July 2022, MESA empowered 7,000 students in Boulder County to increase awareness of sexual violence and create a positive school climate.

"Students have the opportunity to look out for their friends, speak up about sexual violence, and take steps to dismantle rape culture," said Dr. Janine D'Anniballe. Director of MESA, "The program provides a range of lessons to help students understand and engage in healthy relationships,

broaden their knowledge on boundaries and consent, and learn how to support a friend. The younger we can start educating our youth of all genders about sexual violence, the sooner we can end sexual violence in our community."

As MESA continues to work tirelessly to end rape culture and serve as Boulder County's only sexual violence resource center for survivors, we seek to expand prevention education programs for all Boulder County residents who want to help eradicate sexual violence.

Please visit www.movingtoendsexualassault.org for program and service information, sign up for our newsletter, learn about fundraising events, or to make a donation.

2 | Mental Health Partners Winter 2023