



Healthy minds, healthy lives, healthy communities

Community Update

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



Healing Continues for South Boulder Community



"People are still processing this traumatic event, whether it has been during the last two years, or it is just sinking in now. With so many factors such as the delayed court case and the constant bombardment of continued mass tragedies creating re-traumatization, people are in need of continued support 2 years out and many more years to come."

Julie Ratinoff, Boulder Strong Resource Center Manager

Resources & Support Available on the 2-Year Commemoration of the Table Mesa King Soopers Tragedy

March 22nd will mark 2 years since the 2021 King Soopers tragedy in South Boulder where 10 people died and an entire community was shaken. Although time continues to distance us further from that horrific day, the emotional and psychological wounds have yet to heal for so many loved ones of the victims, first responders who witnessed the scene, and community members.

What we know about the aftermath of mass tragedy is that there is no timeline for healing. People process loss and pain differently, and they react in a variety of ways. Some individuals may need support immediately, while others may not seek out support for several months or years. What we have learned from survivors of Columbine, Aurora, Las Vegas, and other mass violence events is that healing isn't linear and continues for many years.

Healing takes time, and we're prepared to walk alongside you for as long as it takes.

Located at 2935 Baseline Road in Boulder, MHP's **Boulder Strong Resource Center** is a safe place of healing and support for residents, visitors, and first responders affected by the Boulder Table Mesa tragedy. We invite you to visit the website for upcoming self-care

activities such as a collaborative origami art project, AcuDetox, massage, expert-led meditation, comfort dogs, art therapy, and more. Counselors are on-hand for check-ins and support.

**We Are Boulder
Strong**

Celebrating Women's History Month

QUOTE OF THE MONTH

Your minds may now be likened to a garden,
which will, if neglected, yield only weeds and
thistles; but, if cultivated, will produce the most
beautiful flowers, and the most delicious fruits.

Dorothea Lynde Dix

As we recognize Women's History Month in March, we honor the historic and current contributions, impact, and persistence of women in the behavioral health field - including trailblazers like **Karen Horney** (founder of feminist psychology who expanded the discourse on neuroses and narcissism), **Anna Freud** (founder of psychoanalytic child psychology and daughter of Sigmund Freud), **Mary Whiton Calkins** (first woman president of the American Psychological Association), and **Dorothea Lynde Dix**.

Dorothea Lynde Dix was one of the most eminent reformers of the living conditions and treatment of the mentally ill in the U.S. She played an instrumental role in the founding or expansion of more than 30 hospitals for the treatment of the mentally ill, and was a leading international figure challenging the idea that people with mental disturbances could not be cured or helped.

We also recognize our two Co-CEOs: **Jennifer Leosz**, LCSW, and **Dixie Casford**, MBA LPC. These two women have been leading Mental Health Partners since 2019. We're grateful for their continued work and vision as modern trailblazers seeking to expand access to care in our community.



Jennifer Leosz (left) and Dixie Gasford (right) pictured in front of a mural at MHP's Ryan Wellness Center in Boulder, CO.

Mental Health By the Numbers

350:1

**In the U.S., there are an estimated 350 individuals
for every one mental health provider.**

At MHP, we are working hard to correct this unbalance between clients and providers by expanding employee benefits (like student loan repayment), investing in internship opportunities, offering no-cost clinical supervision, and partnering with local universities and colleges to move graduates from the classroom to real-world client work.

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

MESA's 25th Annual Canine Classic Registration Now Open

Join us for Moving to End Sexual Assault's largest annual fundraising event! Registration for this dog-friendly fun run and walk is open for participants of all ages. Gather with community for a day of movement, music, delicious local food, cute dogs, fun contests, and celebration in beautiful Boulder - all for the benefit of supporting survivors and positive culture change.

When: Saturday, April 29th from 9 AM - 12 PM

Where: Harlow Platts Community Park (360



Gillaspie Dr, Boulder, CO)

How much: \$35 for adults; \$25 for kids

[Register](#)

Want to help out? We are looking for volunteers! [Sign up here.](#)

Volunteer Hotline Advocates Needed!

Become a MESA Hotline Advocate

Help support survivors in their toughest moments by providing emotional support, resources, and accompaniment to hospitals, courts, and police stations. Join our next 40-hour training starting on April 10th.

[Apply to Volunteer](#)



Calling Bike Enthusiasts! Join The MHP Community Challenge 2023



Our 6th annual fundraiser to help prevent suicide will be kicking off in a few short months! We are currently looking for volunteers to meet our committee and help organize this year's virtual Bike Challenge.

If you're a bike enthusiast in the Boulder, Longmont, or Broomfield area and passionate about suicide prevention, please contact us at philanthropy@mhpcolorado.org or (303) 545-0842 to find out how you can get involved.

Free COVID-19 & Mpox Youth Vaccine Clinic

Boulder County Public Health is hosting a free youth vaccine clinic for those aged 15 to 29. This clinic will run from 11am to 2pm on Saturday, March 11th, at Longmont's Lashley St. Station (1200 Lashley St., Longmont, CO). COVID-19 and Mpox vaccines will be available.

MHP's **Community Health Workers** (CHWs) will also be onsite to help provide support and resources.

**Meet Our CHW
Team**

FREE COVID-19 YOUTH VACCINE CLINIC

Mpox vaccines also available

For Ages 15 to 29

Saturday, March 11
11 a.m. - 2 p.m.

Lashley St. Station
1200 Lashley St.,
Longmont, CO

- \$15 gift card for ages 15 to 29 who receive at least one COVID-19 dose
- Free snacks
- Canvas painting
- Raffle with prizes

Top reasons to get vaccinated

1. Don't miss out on Spring Break!
2. Be protected for graduation.
3. Enjoy your vacation without a mask.
4. Don't miss out on life and the things you're looking forward to.

Schedule Your Appointment

Walk-ins also welcome

Under 18?
Scan this QR code for parental/guardian consent

Please bring this form with you. Parent/guardian will also need to give verbal consent in person or via phone.

The following COVID-19 vaccines are available:
Pfizer and Moderna

News, Announcements, & Updates

Lutheran Church of Hope Supports Broomfield Group Therapy



Pictured above (from left): Matt Jaeckel (Broomfield Manager), Lutheran church member, Jade Williams (Care Coordinator), Kendra Meyer (Lutheran Church Choir Director), Susan Bellas (Broomfield Services Director), Sarah Onstott (Broomfield Supervisor), and Elizabeth McCutcheon (Nurse Practitioner)

We were thrilled to recently receive a generous gift from our Broomfield

Elevations Credit Union Donates to MHP's Suicide Prevention Initiative



Ellen Burnes (left), MHP's Board of Directors Chair, and Cindy Cohagen (right), MHP's Director of Community Relations and Philanthropy, accept a generous donation from Michael Calcote (center), Chief Financial Officer at Elevations Credit Union, at the CU Basketball game on February 26th.

Elevations Credit Union concluded its **Hoops for Health** campaign by donating

neighbors: **Lutheran Church of Hope**. They raised over \$1,200 through offerings gathered at their Christmas Choir Program this past December, and identified MHP as an important resource for our community for the second year. These funds will be used to support our group therapy offerings, including creating booklets, handouts, and art supplies.

MHP thanks the Lutheran Church of Hope congregation for their gift and support!

\$30,000 to Mental Health Partners. These proceeds will be used to fund free suicide prevention trainings and education for residents of Boulder and Broomfield counties, particularly in the Louisville, Superior, and Marshall neighborhoods where many residents continue to seek additional support following the Marshall Fire and Wind Event.

MHP thanks Elevations Credit Union for their ongoing support and generous donation!

MHP In The News

Grant will help Mental Health Partners further health equity

Longmont Leader

Boulder experiences trauma from pair of police active shooter alerts in 3 days

Daily Camera

Janine D'Anniballe, Ph.D. - Director of Moving to End Sexual Assault (MESA) - speaks about resilience and healing through trauma

KGNU

From Our Blog

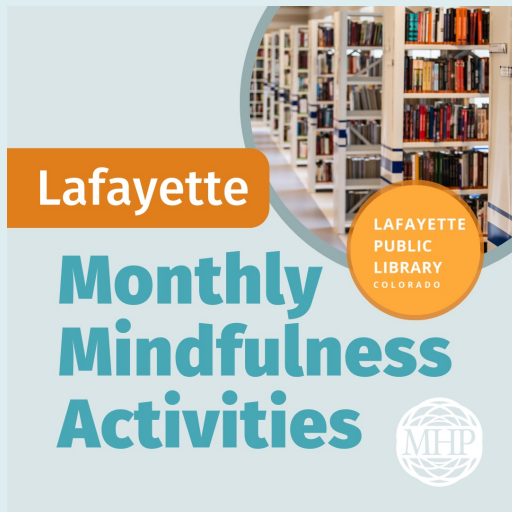


[Read more](#)

Upcoming Expert-Led Events & Trainings

Expand your mental health toolkit!

Don't miss out on these upcoming trainings and classes.



Lafayette Monthly Mindfulness Activities

Our Community Health Worker team is excited to be hosting a number of upcoming events for children and youth, as well as their caregivers. These events are completely free and available to all community members, groups, businesses, and community organizations that support children and youth. Join us at the Lafayette Library on the first Tuesday of each month!

No registration required.

Dates:

- Tuesday, March 7th
- Tuesday, April 4th

Time: 4 - 6 PM

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

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.

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

**Email to
register**

Date: Wednesday, March 8th

Time: 8 AM - 5 PM

Location: Ryan Wellness Center (1000 Alpine Ave, Boulder, CO)

Cost: FREE

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

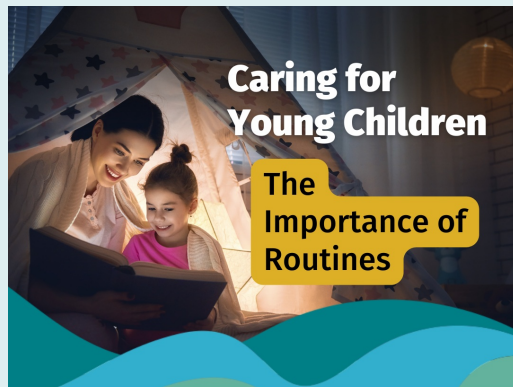
Mental Health Support for Younger Children

**Dates:**

- Friday, March 10th
- Friday, April 7th

Time: 1 - 2:30 PM**Location:** Online/virtual**Cost:** FREE

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 for this free event.

[Register](#)

Caring for Young Children

The
Importance of
Routines

Caring for Young Children: The Importance of Routines

Young children thrive on consistency and predictability. That is why establishing routines is so important! In this presentation, we will provide participants with the research on the importance of routines and we will guide participants in creating individualized routines for the children they care for. This free course is for ALL caregivers: parents, grandparents, aunts/uncles and neighbors who care for young children (birth through 5 years old).

No registration required.

Date: Tuesday, March 14th**Time:** 6 - 7:30 PM**Location:** Longmont Library (409 Fourth Ave, Longmont, CO)**Cost:** FREE

SafeTALK: Suicide Alertness for Everyone

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. In this course, learn valuable intervention resources and tools to identify and avert suicide risks.

[Email to](#)

register



Date: Friday, March 17th

Time: 1 - 5 PM

Location: Ryan Wellness Center (1000 Alpine Ave, Boulder, CO)

Cost: \$40 (scholarships available)



Date: Wednesday, March 29th

Time: 12 - 1:30 PM

Location: Online/virtual

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 live or work in the City of Boulder free of charge, as part of a generous partnership with the City.

Email to
register



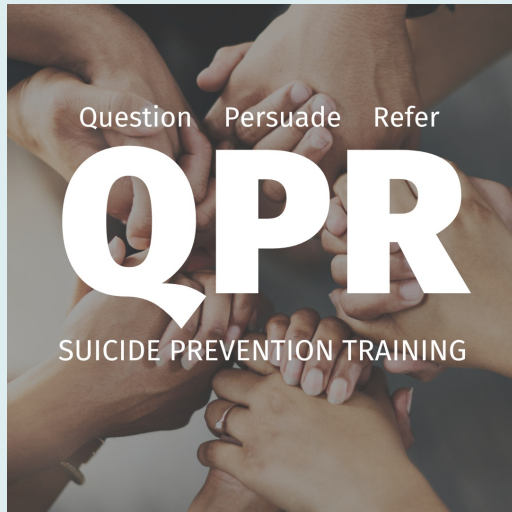
YOUTH Mental Health First Aid (MHFA)

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 live or work in the City of Boulder free of charge, as part of a generous partnership with the City.

Date: Tuesday, April 4th
Time: 10 AM - 3 PM
Location: Online/virtual
Cost: FREE

[Email to 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 live or work in the City of Boulder free of charge, as part of a generous partnership with the City.

Date: Thursday, April 6th
Time: 8:30 - 10 AM
Location: Online/virtual
Cost: FREE

[Email to register](#)



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!

No registration required.

Lafayette Dates:

- Monday, March 13th
- Monday, March 20th
- Monday, March 27th
- Monday, April 3rd

Time: 10:30 - 11 AM

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

Cost: FREE

Longmont Dates:

- Thursday, March 9th
- Thursday, March 16th
- Thursday, March 23rd
- Thursday, March 30th
- Thursday, April 6th

Times:

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

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

Cost: FREE



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!

No registration required.

Dates:

- Tuesday, March 14th
- Tuesday, March 28th

Time: 10 - 10:30 AM

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

Cost: FREE



Nederland Monthly Mindfulness Activities

Our Community Health Worker team is excited to be hosting a number of upcoming events for all ages. These events are completely free and available to all community members, groups, businesses, and community organizations. Join us at the Nederland Community Library on the 4th Tuesday of each month (starting in April)!

No registration required.

Date: Tuesday, April 25th

Time: 3 - 5 PM

Location: Nederland Library (200 CO-72, Nederland, 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.

More Than a Job, It's a Mission

Mental Health PARTNERS
Healthy minds, healthy lives, healthy communities
(303) 443-8500 mhpcolorado.org

We're Hiring Therapists

Specializing in children, adolescents, families, seniors, and SUD

Apply Today!

mhpcolorado.org/about/careers/

Benefits Include

- ★ Student loan repayment
- ★ Clinical supervision (no cost)
- Licensure & Professional Development
- Health, Dental, & Vision Insurance
- and more!

Now hiring therapists specializing in children, adolescents, families, seniors, and SUD!

MHP is looking for therapists who are passionate about making a difference in their community. We offer exceptional benefits, including a student loan repayment program, no-cost clinical supervision, and much more.

Join Our Team

Current Job Opportunities

ACT Therapist

Child and Family Outpatient Therapist

Parent Infant Mental Health Therapist

Substance Use Disorder (SUD) Therapist

Would you recommend MHP?

We want your feedback! Please take less than a minute to answer this fully-anonymous survey. Your response helps us understand how well Mental Health Partners is doing to meet the needs of our clients and community. Thank you!

quick question

WE WANT YOUR
FEEDBACK

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?



Mental Health
PARTNERS

Healthy minds, healthy lives, healthy communities

Give Your
Feedback

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](#).



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