



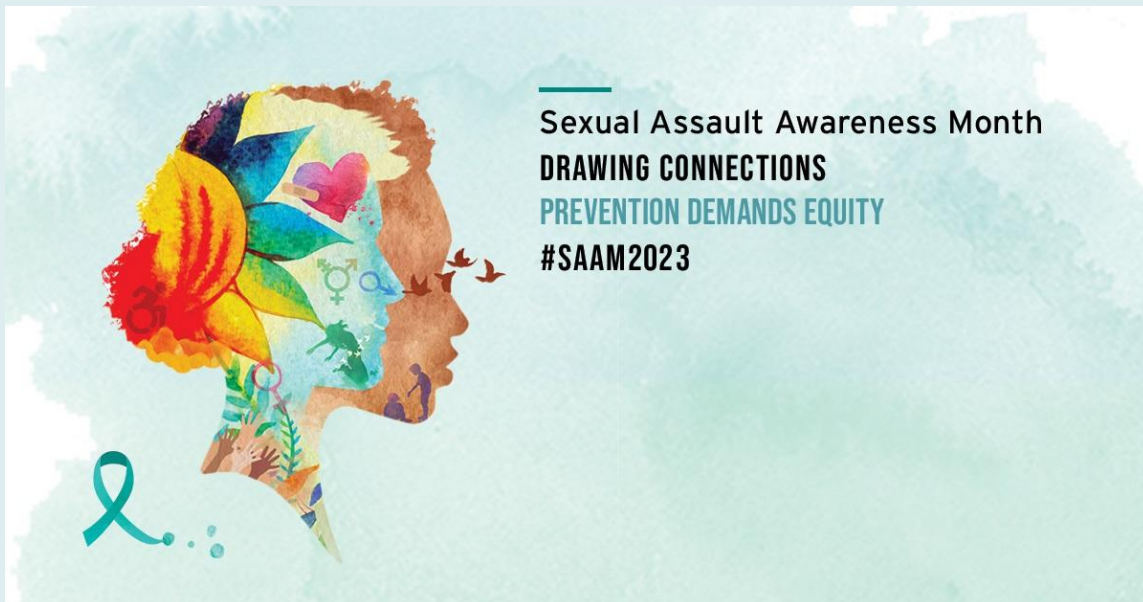
Healthy minds, healthy lives, healthy communities

Community Update

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



April is Sexual Assault Awareness Month



Each April, individuals and organizations nationwide join together to raise public awareness about sexual violence and educate communities on how to prevent it. For the last 50 years, **Moving to End Sexual Assault (MESA)** - a program of Mental Health Partners - has been committed to supporting survivors every day and month of the year. Once again, we join voices with others to demand an end to sexual violence and the suffering it causes in our community.

The theme of Sexual Assault Awareness Month 2023 is "Drawing Connections: Prevention Demands Equity." This campaign asks each of us – as individuals, communities, organizations, and institutions – to challenge ourselves and the systems around us to build racial equity and respect. This theme aligns with MESA's core mission to "challenge all forms of oppression and recognize their connection to sexual violence."

This month, we encourage you to explore how certain groups of people are at higher risk for sexual violence, as well as how those same individuals are also the most impacted by inequitable systems and oppression in our society.

Get started by visiting the [National Sexual Violence Resource Center website](#).

How to support a survivor of sexual violence:

- Believe them
- Validate and normalize their feelings
- Avoid judgment
- Don't ask questions about the incident
- Be patient and remember that everyone processes trauma differently -- there's no "right" way
- Keep it confidential
- Offer to connect them with a MESA advocate who can provide further support and resources



Fievel the Facility Dog supporting a survivor

Need support? To connect with a MESA advocate, you can:

- Call the hotline at **(303) 443-7300**
- Text BRAVE to 20121
- Email info@movingtoendsexualassault.org

**Moving to End Sexual
Assault**

Mental Health By the Numbers

1 in 6

Women report experiencing an attempted or completed rape in their lifetime.

1 in 33

Men report experiencing an attempted or completed rape in their lifetime.

1 in 2

Transgender individuals are victims of sexual violence.

Sexual assault can have both short- and long-term effects on a person's mental health. Through programs like **Moving to End Sexual Assault (MESA)** and **Moving Beyond Trauma (MBT)**, Mental Health Partners provides comprehensive trauma-informed services to help survivors process, heal, and thrive.

Sources:

- [National Sexual Violence Resource Center](#)
- [Mental Health America](#)

You're Invited to MESA's Canine Classic 2023!



READY SET GO!
**2023
FUN
RUN/
WALK**
**CANINE
CLASSIC**
**Saturday,
April 29th**

All proceeds benefit
**50th ANNIVERSARY
MESA**
Moving to End Sexual Assault
a program of Mental Health PARTNERS

Support Boulder County's only sexual violence resource center

Join us 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! The Canine Classic is a dog-friendly fun run and walk for participants of all ages. A canine companion is welcomed but not required.

This unique event helps support a cause that is difficult to talk about. It provides a fun and light-hearted atmosphere that brings together the community to raise awareness during Sexual Assault Awareness Month in April. **All proceeds benefit MESA.**

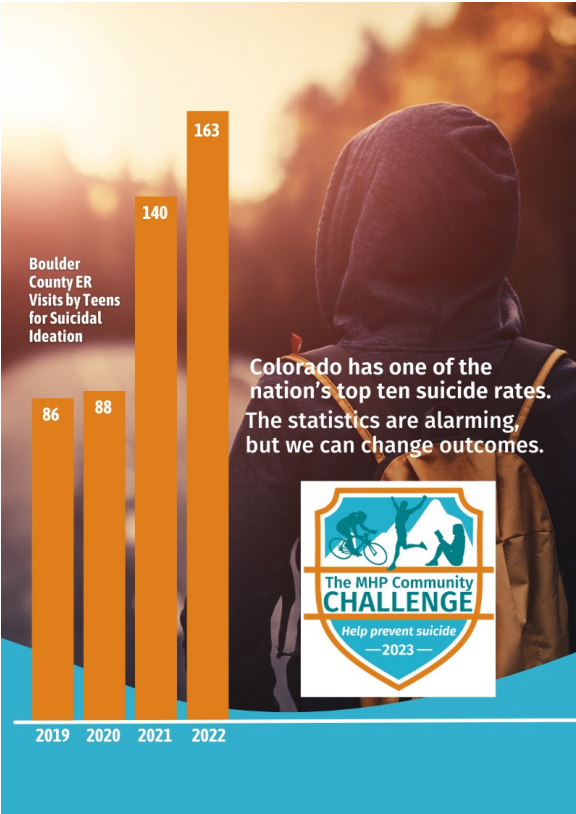
Reserve your spot

"Trauma creates change you don't choose. Healing is about creating the change you do choose."

Michelle Rosenthal

Award-winning PTSD blogger, author, post-trauma coach, radio host, and trauma survivor

Help Prevent Suicide in Your Community



What can you, your organization, or your business do to help prevent suicide?

We're looking for sponsors for our 6th annual fundraising event: The MHP Community Challenge 2023. The Challenge's primary goal is to fund suicide prevention education programs in Boulder and Broomfield counties. Through this annual fundraiser, we have trained more than 5,300 people in suicide prevention techniques since 2018.

Your sponsorship provides support and resources needed for the runners, walkers, and bikers fundraising to help prevent suicide.

To learn more or inquire about sponsorship, please contact Community Relations and Philanthropy by email (philanthropy@mhpcolorado.org) or phone (303-545-0842).

quick question



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

Would you recommend MHP?

We need your feedback! This 2-question survey takes less than a minute to complete. Your anonymous response helps us understand how well Mental Health Partners is doing to meet the needs of our clients and community. Thank you!

Give Your Feedback



Mental Health Support for Younger Children

While the Covid-19 pandemic may be ending as we move into the endemic phase of the virus, many children and families have only just begun to process the collective trauma we all experienced. Missed school and social isolation – among other factors – have resulted in increasingly high levels of anxiety and depression among young children and teens nationwide, including here in Colorado.

Join us for **free monthly online presentations** full of actionable insights into how a child's brain develops, strategies for emotional regulation and creating stable environments for

struggling kids, and much more. These presentations are open to all parents and caregivers, though the focus will be on kids ages 10 and under.

Reserve Your Spot



Jen Nelson
Child/Family Specialist

“
Very few kids came out of Covid unscathed. We are only now beginning to see the long-term impact on kids and families, which is why it’s vital we provide guidance on how to emotionally regulate and manage these emotions.”

News, Announcements, & Updates

Update Your Medicaid Information


Are you sure we can reach you?





Take a moment today to make sure that Health First Colorado (Colorado’s Medicaid Program) or Child Health Plan *Plus* (CHP+) has the correct mailing address, phone numbers, and email address on file for you.



¿Está seguro de que podemos comunicarnos con usted?



Tómese un momento hoy para asegurarse de que Health First Colorado (Programa de Medicaid de Colorado) o Child Health Plan *Plus* (CHP+) tengan en sus registros la información correcta de su dirección postal, números de teléfono y dirección de correo electrónico.



If you have Health First Colorado (Colorado’s Medicaid program) or Child Health Plan Plus (CHP+) and you’ve moved within the last 3 years, make sure you can get important information about your health coverage. **You have to respond to letters to see if you still qualify for health coverage.**

Si tiene Health First Colorado (Programa de Medicaid de Colorado) o Child Health Plan Plus (CHP+) y se ha mudado en los últimos 3 años, asegúrese de poder obtener información importante sobre su cobertura de salud. **Tiene que responder a las cartas para ver si aún es elegible para la cobertura de salud.**

Elizabeth McCutchon Appointed to Broomfield Board of Health

On March 9th, the Broomfield City Council appointed Elizabeth McCutchon to its newly-created Board of Health. McCutchon is a Psychiatric Nurse Practitioner at Mental Health Partners.

This inaugural Broomfield Board of Health will be responsible for approving the five-year Public Health Improvement Plan, developing and promoting the public policies needed to secure the conditions for a healthy community, and holding hearings, issuing orders, and adopting rules for public or environmental health issues.

Congratulations to Elizabeth McCutchon on this appointment!



MHP Welcomes New Board Members



Mary Tracy Mock brings over 35 years of professional experience in the healthcare industry and serves on MHP’s Board of Directors Advocacy Committee.



Carolyn Terry brings decades of professional experience in the telecommunications and cable industry, and she serves on MHP’s Enterprise Risk Management Committee.

Mental Health Partners has elected Mary Tracy Mock and Carolyn Terry to its **Board of Directors**. Mock and Terry join five returning Board Members in a shared goal of ensuring MHP’s vision, growth, and commitment to serve the community for another 60 years and beyond.

Meet Our Board

MHP In The News

MHP offers support as Table Mesa commemoration approaches
Longmont Leader

MESA accepting applications for volunteer Hotline Advocates
Daily Camera

Parenting Strategies to Help Parents Keep their Sanity While Kids are Home for the Summer
Raised in the Rockies

From Our Blog



Read more

Expand your mental health toolkit!

Don't miss out on these expert-led trainings, classes, and events.



Dates:

- Thursday, April 6
- Monday, May 1

Time: 8:30 - 10 AM

Location: Online/virtual

Cost: Free

Question, Persuade, Refer (QPR)

The objective of QPR is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. 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 course is open to anyone age 16 or older.

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](#)



Lafayette Dates:

- Monday, April 10
- Monday, April 17
- Monday, April 24
- Monday, May 1

Time: 10:30 - 11 AM

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

Cost: FREE

Longmont Dates:

- Thursday, April 13
- Thursday, April 20
- Thursday, April 27
- Thursday, May 4

Times:

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

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

Cost: Free/Gratis

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.

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

Mental Health Support for Younger Children

**Dates:**

- Friday, April 7
- Friday, May 5

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

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.

[Register](#)**Dates:**

- Tuesday, April 11
- Tuesday, April 25

Time: 10 - 10:30 AM**Location:** Longmont Library (409 Fourth Ave, Longmont, CO)**Cost:** Free

Kid Connects: Baby Connections for Caregivers and Their Babies

Kid Connects in the Neighborhood offers 10-15 minute lessons on development, followed by fun interactive activities to support your child's motor, sensory, social-emotional, and language development. Learn all the ways you can support your child's development through a variety of play activities.

No registration required.

**Date:** Tuesday, April 18**Time:** 8 - 9:30 AM**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](#)

Applied Suicide Intervention Skills Training (ASIST)

ASIST is a two-day interactive workshop in suicide first aid. Participants learn to recognize when someone may have thoughts of suicide and work with them to create a



Dates: Wednesday and Thursday, April 19-20 (both days)
Time: 8:30 AM - 4:30 PM
Location: Ryan Wellness Center (1000 Alpine Ave, Boulder, CO)
Cost: \$220 (scholarships available)

plan that will support their immediate safety. ASIST helps to build regional networks of trained caregivers who can support each other and use common terminology to approach suicide and safety.

Email to register



Date: Tuesday, April 25
Time: 3 - 5 PM
Location: Nederland Library (200 CO-72, Nederland, 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: Friday, April 28
Time: 2 - 5 PM
Location: Broomfield Public Library (3 Community Park Rd, Broomfield, CO)
Cost: Free

Broomfield 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 Broomfield Library!

No registration required.

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.

Lafayette

Monthly Mindfulness Activities

LAFAYETTE PUBLIC LIBRARY COLORADO

MHP

Date: Tuesday, May 2
Time: 4 - 6 PM
Location: Lafayette Library (775 Baseline Rd, Lafayette, CO)
Cost: Free

See All Trainings



COMMUNITY SERVICES
Generating a Lifetime of Opportunities

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!

Benefits Include

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

mhpcolorado.org/about/careers/

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 in a collaborative team environment, 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

Connect With Mental Health Partners

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

Follow Mental Health Partners 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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