

# Community UPDATE

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

## MENTAL HEALTH AWARENESS MONTH

Become an advocate for mental health! Join us for free and local mental health awareness events in May.

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## EMPLOYEE SPOTLIGHT

Kat Martinez describes the transformational experiences that led them to Justice, Equity, Diversity, and Inclusion work at MHP.

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## MENTAL HEALTH SUPPORT FOR YOUNGER CHILDREN

Free virtual presentations provide guidance for parents and caregivers on how to help their kids manage tough emotions.

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## HOOPS FOR HEALTH

Elevations Credit Union funds free suicide prevention trainings and education for communities affected by the Marshall Fire.

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## Celebrate Mental Health Awareness Month

# You Matter



### Get Connected

Sign up for our monthly  
Community Update  
e-newsletter!



## Tend to your mind

Connect with us: (303) 443-8500 [www.mhpcolorado.org](http://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 communities.

# Celebrate Mental Health Awareness Month

End shame and stigma. Embrace wellness. Join us for free, local events!



*In May, MHP and our community partners are hosting free, local mental health awareness events all month long. Visit our website ([bit.ly/MHAM2023](https://bit.ly/MHAM2023)) or use the QR code to find out how to prioritize your own wellness and help spread awareness about mental health in your community – not only in May, but all year long.*



The data is clear. People are struggling. Over 50 million Americans (1 in 5 adults) live with a mental illness. Over 12.1 million adults reported having serious thoughts of suicide. Over 46 million people aged 12 or older (16.5% of the population) have a substance use disorder. In early 2022, there was a 50% increase in youths (ages 10-17) experiencing suicidal ideation at Boulder County emergency departments.

While such large numbers are shocking, they can also feel overwhelming and paralyzing. The larger and more complicated a problem becomes, the more difficult it is to see what it means for individuals and families. Simply put, what this data reveals is we all have people in our lives who are struggling right now, even if we don't know it. These people are our neighbors, colleagues, students,

friends, relatives, children, loved ones, or even ourselves.

And yet, there continues to be a stigma around mental health, suicide, and substance use rooted in historic prejudice, discrimination, and shame.

Each May, Mental Health Partners (MHP) joins a national movement to raise awareness about mental health and help reduce the shame that prevents so many from getting the treatment and care they or their loved ones need. We believe mental and physical health are deeply interconnected, and both should be treated with the same urgency, care, and compassion. If you do too, then join us by advocating for mental health in your community.

## EMPLOYEE SPOTLIGHT: *Kat Martinez (they/them)*



Hello, I recently joined Mental Health Partners as the organization's first JEDI Learning and Development Facilitator. In this role, I look forward to helping further build community and dialogue around justice, equity, diversity, inclusion, and belonging here at MHP.

I am a second-generation Coloradan, born and raised in Pagosa Springs. Prior to MHP, I taught Gender, Women, and Sexualities Studies at MSU Denver for seven years, and then led a team of JEDI professionals as Assistant Dean of Diversity, Equity, and Inclusion at the University of Arizona's College of Veterinary Medicine.

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. Further, I thoroughly enjoy curriculum design and facilitation, and am deeply invested in the overall mission to provide JEDI-oriented care to our community.

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. As somebody who also enjoys reading feminist/queer/afrofuturist science fiction, I like world-building – or imagining and striving for brighter, more equitable futures for all.



## Help Prevent Suicide in Your Community

How can you or your business help prevent suicide? Become a sponsor of 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. We have trained more than 5,300 people since this event began in 2018.

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

For questions, please contact Community Relations and Philanthropy by email ([philanthropy@mhpcolorado.org](mailto:philanthropy@mhpcolorado.org)) or phone (303-545-0842).



## MESA Offers Trauma-Informed Yoga Series

Moving to End Sexual Assault (MESA), a program of Mental Health Partners, provides services to survivors of sexual violence and prevention education. In partnership with MHP's Moving Beyond Trauma program, MESA is offering 4-week trauma-informed yoga classes as a series.

Led by Janine D'Anniballe, Ph.D., Director of Trauma Services and MESA at MHP, the series is designed to help participants experience the benefits of yoga, such as reduced anxiety and improved sleep quality. Each class builds upon previous classes, helping participants deepen their practice at their own pace.

Sign up for MESA's email list at [movingtoendsexualassault.org](http://movingtoendsexualassault.org) - or follow @mesa\_boulder on Instagram to stay in the loop about future offerings. Email [info@movingtoendsexualassault.org](mailto:info@movingtoendsexualassault.org) with questions.

## Elevations Credit Union Donates to MHP's Suicide Prevention Efforts



In February, Elevations Credit Union concluded its Hoops for Health campaign by donating \$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 support following the Marshall Fire and Wind Event.



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.

## 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, depression, and trauma among young children and teens nationwide, including here in Colorado.

“Very few kids came out of Covid unscathed,” says Jen Nelson, Community Health Worker and Child & Family Specialist at Mental Health Partners. In her work with local parents, teens, and children, it's clear that the effects of the pandemic are alive and well, and will continue for some time.

“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,” says Jen.

Jen is currently hosting monthly online presentations called “Mental Health Support for Younger Children” where she explores how a child's brain develops, strategies for emotional regulation, the importance of self-care, how to create stable environments for struggling kids, and much more. These presentations are free and open to all parents and caregivers, though the focus will be on kids ages 10 and under.

Visit Eventbrite to register:



*“When people experience trauma, they often don't realize the emotional impacts until later. The same is true with young children. During the pandemic, many families were in survival mode. Now, we are beginning to see the impact in kids and teens.”*

– Jen Nelson, MHP Community Health Worker and Child & Family Specialist



**Yes! I want to contribute  
to Mental Health Partners!**



**Mental Health  
PARTNERS**

*Healthy minds, healthy lives, healthy communities*

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

- ☐ Use this contribution for Welcome Home Kits.
- ☐ Use this contribution for suicide prevention trainings.
- ☐ Use this contribution for the 60th Anniversary Fund.
- ☐ Use this contribution where most needed.
- ☐ 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 # \_\_\_\_\_**

**EXP DATE \_\_\_\_\_ CRV # \_\_\_\_\_**

*Mail to: Mental Health Partners, ATTN: Philanthropy  
1455 Dixon Ave., Suite 300, Lafayette, CO 80026  
Or visit [www.mhpcolorado.org](http://www.mhpcolorado.org) and click on  
DONATE to contribute online.*

*To sign up to receive information about MHP, visit  
<https://www.mhpcolorado.org/community/newsletter>*



**We're  
Hiring**

## **RECRUITMENT**

### **Looking to Work with Other Mental Health Experts on a Shared Mission?**

Join our passionate therapy teams serving clients in and around Broomfield, Boulder, Longmont, and Lafayette. At MHP, you will be a part of a supportive, nurturing, and team-based environment where we aim to provide the best care to our clients and each other. Visit our website to see our comprehensive benefits program (including student loan repayment)!

Apply today: [MHPColorado.org/about/careers](http://MHPColorado.org/about/careers)



# **60** **WAYS MHP MAKES A DIFFERENCE**



**MHP's Walk-In Crisis Center is open in Boulder 24 hours a day, 7 days a week. Services include confidential, in-person support, information, and referrals to anyone in need. The Crisis Center is available to those in need of direct services or individuals seeking care for a loved one. It is located at 3180 Airport Road, Boulder, CO.**

Check out our Blog for more ways MHP makes a difference in our community: <https://www.mhpcolorado.org/60-ways-mhp-makes-a-difference/>

