



Healthy minds, healthy lives, healthy communities

Community Update

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



Celebrate Mental Health Awareness Month with Us!

You Matter Usted Importa



May is Mental Health Awareness Month

Tend to your mind. Cuide su mente.

Each May, Mental Health Partners joins organizations and advocates around the country for **Mental Health Awareness Month** to help raise awareness about mental health and reduce the shame that prevents so many people 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 expertise.

If you do too, then we invite you to partner with us in advocating for mental health in your community. Join us for these upcoming trainings, events, and opportunities to support the well-being of you and your loved ones.

**Free Events &
Trainings**

Mental Health By the Numbers

1 in 6

U.S. youth aged 6-17 experience a mental health disorder each year.

Source: **National Alliance on Mental Illness (NAMI)**

Learning how to utilize important wellness tools can help children, teens, and young adults better manage their mental health. Here are 4 simple ways teens and young adults can focus on their mental health – from Shadi Taheran, a Community Health Worker at Mental Health Partners.

**Wellness Tips for
Teens**

Quote of the Month

"When mental health is ultimately recognized as essential to physical health, not an extraneous element of it, then we will have access to true, complete, modern medicine."

John Vincent Campo, M.D.
Director of Mental Health, Johns Hopkins Children's Center



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

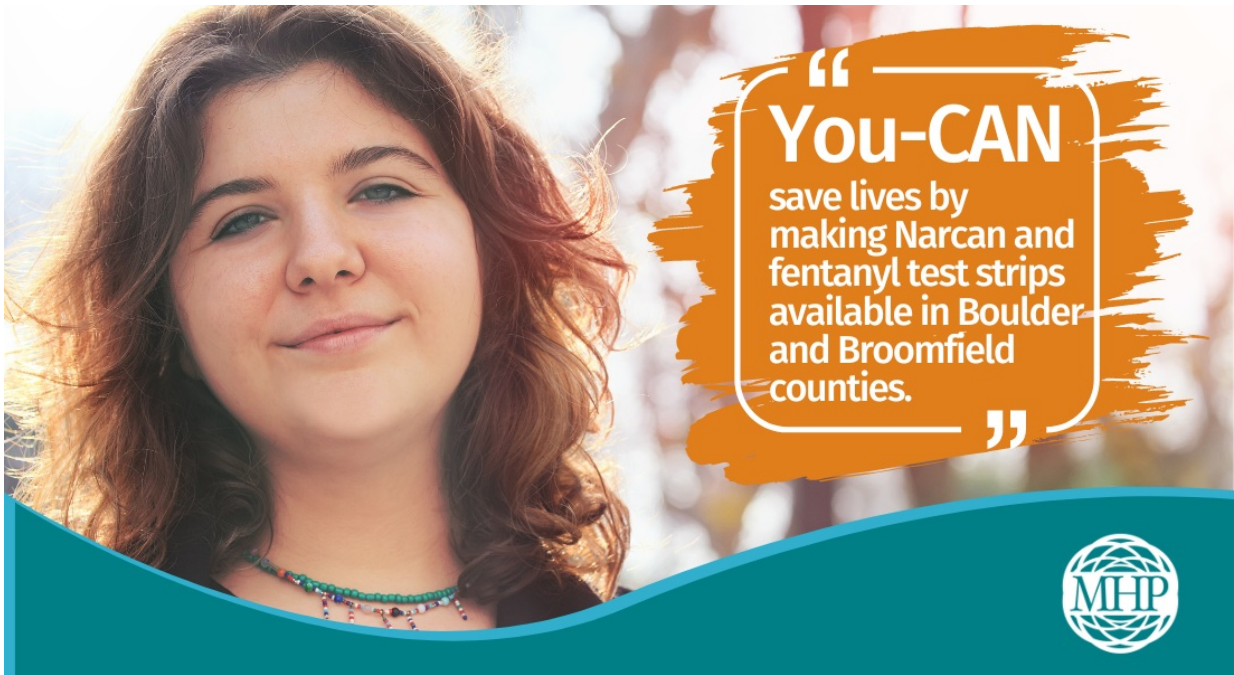
Would you recommend MHP?

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!


How are we doing?

News & Announcements

MHP launches You-CAN fundraising campaign



You-CAN
save lives by making Narcan and fentanyl test strips available in Boulder and Broomfield counties.



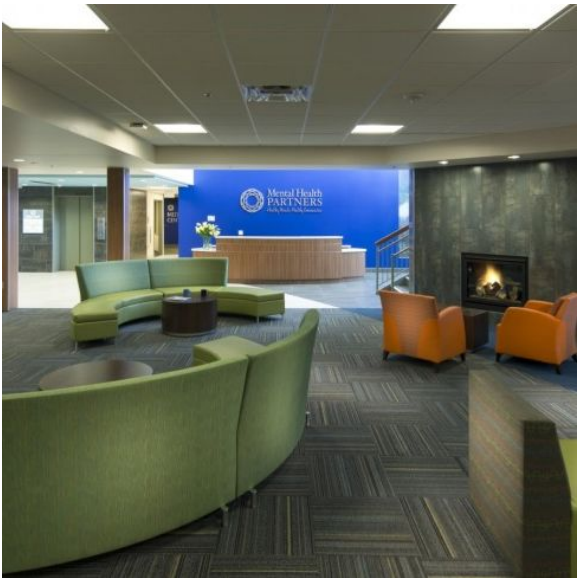
Colorado saw an almost 70% increase in fatal fentanyl overdoses from 2020 to 2021, resulting in the loss of more than 1,200 lives

You can help save lives with NARCAN, the easy-to-administer medication that reverses opioid overdoses. Over the next year, Mental Health Partners is aiming to raise \$60,000 to fund a network of NARCAN kit distribution sites across Boulder and Broomfield counties. These sites will have vending machines and kiosks that provide free NARCAN kits to the community. The more people who have access to NARCAN, the more lives that can be saved.

To join the campaign and contribute, visit our [Donate](#) page and select the gift designation "You-CAN."

[Donate](#)

Save the date: Ryan Wellness Center Open House



Mental Health Partners is celebrating 60 years of serving our community - and we want to celebrate with *you*!

You and your family are invited to a community celebration and open house at the Ryan Wellness Center on **Wednesday, August 3rd**, from **4:00 to 6:00 PM**. MHP's Ryan Wellness Center is located at 1000 Alpine Avenue in Boulder.

Please join us! More details to come.

Broomfield Anxiety Intensive Outpatient Program (IOP) Adult Cohort

MHP's Broomfield team will soon be starting their next Anxiety IOP Adult Cohort. This in-person group will run from Tuesday, May 16th to Friday, June 25th. Participants will meet as a group Tuesdays, Wednesdays, and Fridays from 1 - 3 PM. Weekly individual therapy and behavior coaching support are also available.

This program is specifically designed for adults experiencing high levels of anxiety. In-person care and support are provided at our **Broomfield location** (897 US-287 Suite #200, Broomfield, CO 80020).

If you are already an MHP client, talk to your therapist or case manager about this program. If you aren't an MHP client but interested in joining this group, call our main phone number to get started: **(303) 443-8500**



Learn more

Take action to keep your Health First Colorado (Colorado's Medicaid program) or Child Health Plan Plus (CHP+) coverage!

Don't Risk

a Gap in Your Health Coverage

Get ready to renew now!

The public health emergency (PHE) for COVID-19 will soon be coming to an end, which means individuals who are currently enrolled in Health First Colorado (Colorado's Medicaid program) and Child Health Plan Plus (CHP+) may need to renew their coverage in order to continue receiving benefits.

Some people will be automatically renewed based on the most recent information already on file with the state. Others will need to take action and complete the renewal packet to see if they still qualify for Health First Colorado or CHP+. If you get a renewal packet, fill it out, sign it, and return it right away.

In the meantime, ensure your contact information (mailing address, phone number, email, etc.) is up-to-date so that you can be updated about your Health First Colorado or CHP+ coverage.

Visit <https://CO.gov/PEAK> or call your county to confirm or update your contact information.

MHP In The News

City of Boulder and Mental Health Partners Offering Free Mental Health Trainings
City of Boulder

Trauma-informed yoga offered by MESA in Lafayette
Daily Camera

Boulder County leaders talk guns and mental health
Longmont Leader

From Our Blog

MHP
IN
THE
NEWS

Boulder Strong Resource Center Offers Support for the 2-Year Commemoration of the Table Mesa King Soopers Tragedy

Read
more

Make a Difference! Volunteer to Support Survivors



Become a MESA Hotline Advocate

Help support sexual assault survivors in their toughest moments by providing emotional support, resources, and accompaniment to hospitals, courts, and police stations.

**40-hour volunteer training
starting this summer**



<https://movingtoendsexualassault.org/volunteer/#hotline>



Volunteer

Events & Trainings

Expand your mental health toolkit!

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



Jen Nelson M.Ed., M.S., MFTC
she/her/hers

Community Health Worker

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 us 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.

Date: Friday, May 5, 2023

Time: 1 - 2:30 PM

Location: Virtual

Language: English

Cost: Free



Alejandro Rodriguez
he/him/él

Bilingual Community Health Worker

Tu Historia es Importante

Tu historia importa. Únase conmigo mientras comparto mi historia a través de mi viaje personal de salud mental, y discutire el estigma y la vergüenza que rodean el tema de la salud mental dentro de las comunidades de color.

Fecha: jueves, 11 de mayo de 2023
Tiempo: 10 - 10:45 AM
Ubicación: Virtual
Idioma: Español
Costo: Gratis

Reservar un
lugar



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.

Introduction to Mental Health & Wellness / Introducción a la salud mental y el bienestar

This is an introductory training to gain insights into what mental well-being and mental distress can look like, red flags to be aware of, how to support a person in distress and refer them to professionals, as well as strategies for us to take care of ourselves.

Se trata de una capacitación de introducción para comprender mejor cómo es el bienestar y la angustia mental, qué señales de alarma hay que tener en cuenta, cómo ayudar a una persona angustiada y remitirla a profesionales, así como estrategias para cuidarnos a nosotros mismos.

Date/fecha: Friday, May 12, 2023
Time/tiempo: 12 - 1:30 PM
Location/Ubicación: Virtual
Language/Idioma: English, Español
Cost/Costo: Free/Gratis

Reserve your spot/Reservar un
lugar



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.

Date: Friday, May 19, 2023
Time: 2 - 5 PM
Location: Broomfield Public Library, 3 Community Park Rd, Broomfield, CO
Language: English
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!

No registration required.

Date: Tuesday, May 23, 2023

Time: 3 - 5 PM

Location: Nederland Public Library, 200 CO-72, Nederland, CO

Language: English

Cost: Free



Maritza Rodriguez
she/her/ella

Bilingual Community Health Worker

Salud Mental en las Familias: La Importancia de Cuidar Nuestra Salud Mental

El estigma sobre la salud mental puede convertirse en una barrera para quienes buscan ayuda. Por esa razón es necesario hacer cambios dentro de nuestras familias para normalizar y compartir con nuestros seres queridos la importancia de nuestra salud mental. El cambio comienza con nosotros. Únase a nosotros para esta presentación donde hablaremos sobre el estigma asociado a la salud mental, cómo puede afectar otras áreas de nuestras vidas, ideas sobre cómo hablar con nuestros hijos y algunos consejos sobre cómo usted y su familia pueden cuidar su salud mental.

Fecha: miércoles, 24 de mayo de 2023

Tiempo: 12 - 12:45 PM

Ubicación: Virtual

Idioma: Español

Costo: Gratis

**Reservar un
lugar**



Manejo de comportamientos desafiantes

Este es un curso para todos los cuidadores: Padres, abuelos, tías/tíos y vecinos que cuidan a niños de 0 a 5 años. En este curso pensaremos en la disciplina como una oportunidad de aprendizaje para desarrollar habilidades y apoyar el desarrollo. Veremos las razones del desarrollo porque pasan los comportamientos desafiantes para niños menores de 5 años, y presentaremos habilidades y técnicas para manejar estos comportamientos desafiantes.

Kid Connects in the Neighborhood es un programa con Mental Health Partners que apoya a los niños que no están en entornos de cuidado con licencia, proporcionando educación y apoyo socio emocional a sus cuidadores.

Fecha: jueves, 25 de mayo de 2023

Tiempo: 1 - 2 PM

Ubicación: Virtual

Idioma: Español

Costo: Gratis



Longmont Monthly Mindfulness Activities

Our Community Health Worker team is excited to be hosting a number of upcoming events for kids and teens. 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 Longmont Library!

No registration required.

Date: Friday, May 26, 2023

Time: 3 - 4 PM

Location: Longmont Public Library, 409 Fourth Ave, Longmont, CO

Language: English

Cost: Free



Shadi Taheran

she/her/hers

Community Health Worker

Introduction to Positive Youth Development

Positive Youth Development is an evidence-based approach that guides communities and organizations in the way that they provide skills, opportunities, and support for adolescents to be engaged and reach their full potential. This training focuses on guiding adults on how to empower youth to transition into adulthood successfully. Join us to learn tools and skills to better navigate relationships with youth.

Date: Tuesday, May 30, 2023

Time: 1 - 2 PM

Location: Virtual

Language: English

Cost: Free

[Reserve your spot](#)



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.

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.

Date: Friday, June 2, 2023

Time: 8:30 AM - 5 PM

Location: In-person (Lafayette)

Language: English

Cost: Free

[Reserve your spot](#)



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.

Date: Tuesday, June 6, 2023

Time: 4 - 6 PM

Location: Lafayette Public Library, 775 Baseline Rd, Lafayette, CO

Language: English

Cost: Free

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 plan that will support their immediate safety. ASIST



We believe cost should never be a barrier to education. Scholarships may be granted upon request to those who need them thanks to the generous philanthropic donations of community members. Email us to inquire about pricing and upcoming offerings.

helps to build regional networks of trained caregivers who can support each other and use common terminology to approach suicide and safety.

Date: Wednesday & Thursday, June 7 & 8, 2023 (both days)

Time: 8:30 AM - 4:30 PM

Location: In-person (Boulder)

Language: English

Cost: \$220

[Reserve your spot](#)



**Social-Emotional
Circle Times**
for Preschoolers
Ages 3-5

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

Date: Every Monday

Time: 10:30 - 11 AM

Location: Lafayette Public Library, 775 Baseline Rd, Lafayette, CO

Cost: Free

Longmont

Date/Fecha: Every Thursday

Time/Tiempo:

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

Location/Ubicación: Longmont Public Library, 409 Fourth Ave, Longmont, CO

Cost/Costo: Free/Gratis



Baby Connections
for Caregivers and
Their Babies

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.

Dates:

- Tuesday, May 9
- Tuesday, May 23

Time: 10 - 10:30 AM

Location: Longmont Public Library, 409 Fourth Ave,

Longmont, CO
Language: English
Cost: Free



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.

[See All Trainings](#)

More Than a Job, It's a Mission

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 in a collaborative team environment, including a student loan repayment program, no-cost clinical supervision, and much more.

[Join Our Team](#)

Apply today!

[Intensive Outpatient SUD Therapist](#)

[Program Supervisor Residential](#)

[Restoration Educator | Bachelor Level | Reentry Program](#)

[Community Health Worker | Bilingual Spanish](#)

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](#).

GROUNDING YOURSELF OUTSIDE ON EARTH DAY



Observe the shades
of color



Touch the texture of
the ground



Feel the temperature
of the air



Count the number of
clouds in the sky



Explore what other
creatures are around



Joyfully move and
enjoy our home!



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