



Healthy minds, healthy lives, healthy communities

Community Update

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



Celebrating Juneteenth & LGBTQIA+ Pride Month



In the month of June, we honor and celebrate diversity, equity, and inclusion as a community in two significant ways:

- **Pride**, which happens all month long, commemorates the 1969 Stonewall Uprising in New York by celebrating the diverse backgrounds, identities, and experiences of the LGBTQIA+ community, as well as highlighting the ongoing fight for equal rights.
- **Juneteenth**, celebrated each year on June 19, is a federal holiday to commemorate the emancipation of the last enslaved people in the U.S. - a full two and a half years after the signing of the Emancipation Proclamation.

Continuing to mark these historic events serves as an important reminder of the inequities and oppression these communities continue to face today - in addition to recognizing the real-world impacts of minoritization and discrimination on a person's quality of life. Only by better understanding the lived experiences of LGBTQIA+ and Black Americans can we achieve health equity for all.

We invite you and your family to join us in celebrating diversity, equity, and inclusion at these upcoming community events below.



Longmont Celebration of Juneteenth
Saturday, June 17th



Longmont Pride Festival
Friday, June 30th
4-8 PM

1-5 PM
Roosevelt Park

More Info

Roosevelt Park

More Info

Mental Health By the Numbers

18%

48%

of Black youth said they were exposed to racial trauma often or very often in their life. Half (50%) reported experiencing moderate to severe symptoms of depression.

of LGBTQ+ people develop symptoms that meet the criteria for a PTSD diagnosis, significantly higher than the general population prevalence.

Sources: [AP News](#), [US Department of Veterans Affairs](#)

The intersection of identities for Black LGBTQ youth make them particularly vulnerable to experiencing a lack of access to culturally responsive care. Despite similar rates of mental health disparities, Black LGBTQ youth are significantly less likely to receive professional care.

LGBTQIA+ Resources & Statistics

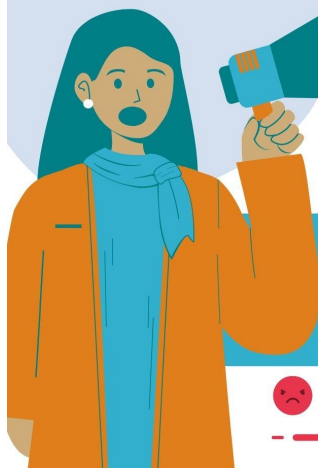
Quote of the Month

"We are all stronger, smarter, talented, beautiful, and more resilient than we were told."

CeCe McDonald

African American trans woman and LGBTQ activist

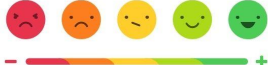
Don't miss the chance to



Be Heard

How Are We Doing?

2 Question Survey



How are we doing?

This is your chance to be heard! Our 2-question survey takes mere seconds to complete, and greatly helps us understand how well Mental Health Partners is doing to meet the needs of our clients and community. We value your input. Thank you!

How are we doing?

News & Announcements

Highlights From MHP's Annual Community Breakfast



Co-CEO Jennifer Leosz welcomes keynote speaker Brandon J. Johnson to the podium at MHP's annual Community Breakfast on May 3.

On Wednesday, May 3rd, Mental Health Partners hosted community leaders and special guests at our annual Community Breakfast. This year, we were thrilled to welcome keynote speaker Brandon J. Johnson (M.H.S., MCHES), a subject matter expert in suicide prevention and the creator of [The Black Mental Wellness Lounge](#), who spoke about how cultural biases impact a person's wellbeing. We explored how communities and workplaces can be active places of support and care for individuals, regardless of their identities and intersectionalities.

MHP thanks Mr. Johnson for his inspiring words, as well as Elevations Credit Union for sponsoring this event!



You-CAN Help Save Lives



To combat fentanyl overdoses, Mental Health Partners has announced a new fundraising initiative called "You-CAN." We're seeking to raise \$60,000 to fund an expansive and inclusive network of free NARCAN (naloxone) kits across Boulder and Broomfield counties. Naloxone is a life-saving medicine that rapidly reverses an opioid overdose. You-CAN help support this vital effort today through your generosity.

The MHP Community Challenge 2023 is Here!



You're invited to join our 6th annual fundraising event: **The MHP Community Challenge 2023!** There are several ways to get involved: running, biking, volunteering, or even sitting on your couch. Start a team or join individually, and share with others. All the proceeds raised through this Challenge go directly to providing free NARCAN and suicide prevention education to our community. Explore our event website to learn more about how you can make an impact and join the Challenge!

[Learn More](#)

Moving to End Sexual Assault (MESA) Offers AcuDetox

Acudetox*

AcuDetox is a community-style auricular acupuncture clinic offering a gentle treatment designed to reduce stress and instill calm.

Thursdays 3:30-4:30pm

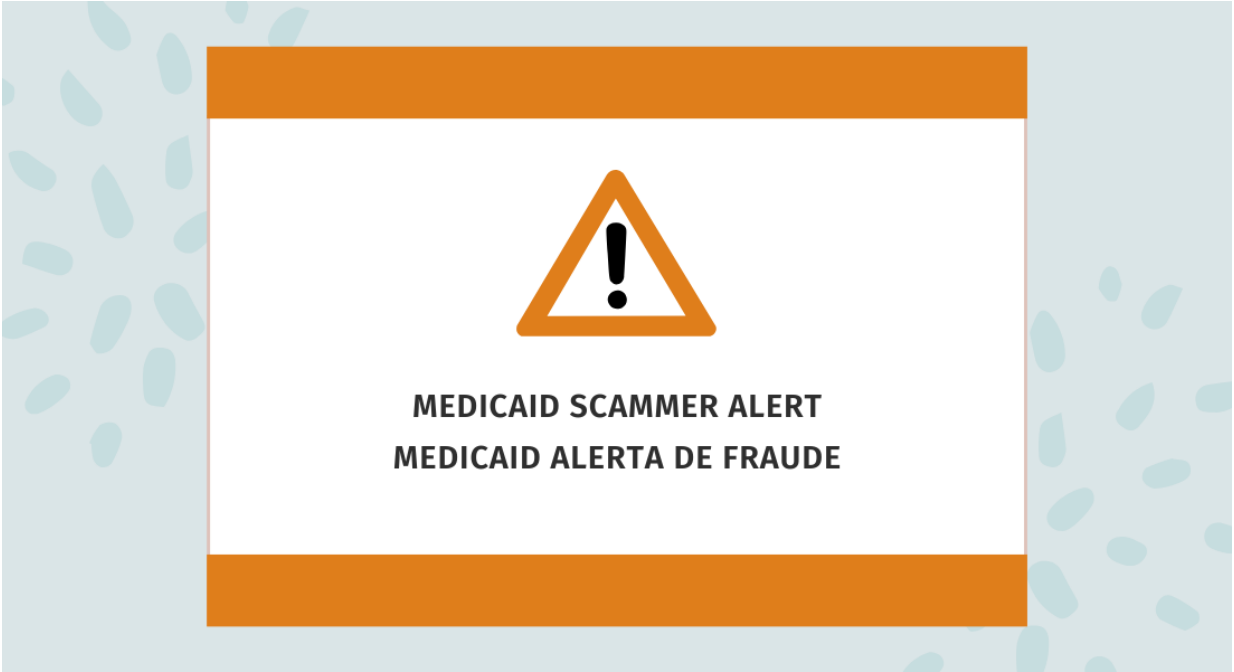
At the Heart-Centered Yoga Studio
1455 Dixon Ave. Suite #210
Lafayette, CO 80026

*Only offered for clients and staff of MHP
Must pre-register
\$10 per session

Meghan Stockdale is a licensed acupuncturist, master of classical five-element acupuncture, and has been teaching yoga for nearly 20 years. Feel free to contact her with any questions: acupuncturewithmeg@gmail.com.

Register here:





Medicaid Scammer Alert

Scammers are targeting Health First Colorado (Colorado's Medicaid program) and Child Health Plan Plus (CHP+) members through text messages and phone calls. Members are being told that they must pay to keep or renew their health coverage.

Members or applicants are never asked for money, bank account or credit card information, social security numbers or any other financial information through text or over the phone.

Help spread the word and report any suspected scam activity to the **Attorney General Consumer Protection Unit**.

Medicaid Alerta de Fraude

Hay estafadores que están contactando a los usuarios de Health First Colorado (el programa Medicaid de Colorado) y Child Health Plan Plus (CHP+) a través de mensajes de texto y llamadas telefónicas. Les dicen que deben pagar para mantener o renovar su cobertura médica.

Nunca se les pide dinero, información sobre cuentas bancarias o tarjetas de crédito, números de seguro social o cualquier otra información financiera a través de mensajes de texto o por teléfono a los usuarios o solicitantes.

Ayúdenos a correr la voz y denuncie cualquier sospecha de fraude a la **Unidad de Protección del Consumidor de la Fiscalía General**.

MHP In The News

Boulder County organizations awarded \$6.5 million for homeless services
Longmont Leader

Editorial: In battle against opioid crisis, saving every life with naloxone must be first step
Daily Camera

Collaborating with Mental Health Partners in Boulder: Building a Strong Support System
KNBBS

Events & Trainings

Expand your mental health toolkit!

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

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.



Date: Tuesday, June 20, 2023
Time: 9 - 10:30 AM
Location: Virtual
Language: English
Cost: Free

[Register](#)

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.



Longmont Monthly Mindfulness Activities

Our Community Health Worker team is hosting a number of upcoming events for kids and teens in Longmont. 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 each month on Fridays (dates vary)!

No registration required.

Date: Friday, June 23, 2023
Time: 3 - 4:30 PM
Location: Longmont Public Library, 409 Fourth Ave, Longmont, CO
Language: English
Cost: Free



Nederland Monthly Mindfulness Activities

Our Community Health Worker team is hosting a number of upcoming events for all ages in Nederland. 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, June 27, 2023
Time: 3 - 5 PM
Location: Nederland Public Library, 200 CO-72, Nederland, CO
Language: English
Cost: Free



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: Wednesday, June 28, 2023
Time/tiempo: 6 - 7:30 PM
Location/Ubicación: Virtual

Language/Idioma: English, Español
Cost/Costo: Free/Gratis

**Register/Reservar un
lugar**



Broomfield Monthly Mindfulness Activities

Our Community Health Worker team is hosting a number of upcoming events for all ages in Broomfield. These events are completely free and available to all community members, groups, businesses, and community organizations. Join us at the Broomfield Library each month on Fridays (dates vary)!

No registration required.

Date: Friday, June 30, 2023

Time: 2 - 5 PM

Location: Broomfield Public Library, 3 Community Park Rd, Broomfield, CO

Language: English

Cost: Free



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.

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.

Date: Friday, July 7, 2023

Time: 9:30 AM - 4 PM

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

Language: English

Cost: Free

Register



Kid Connects: Preschool Connections for Caregivers and Their 3-5 Year Olds

Identifying and controlling big emotions can be hard, especially for young children! Kid Connects in the Neighborhood, a program through Mental Health Partners, is partnering with the Longmont Library to provide a space for children and caregivers to learn how to identify big emotions and discuss ways to manage those feelings. This will be a fun interactive time for us all to explore and express our feelings.

No registration required.

Dates:

- Thursday, June 15
- Thursday, June 22
- Thursday, June 29

Time: 10 - 10:30 AM

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

Language: English

Cost: Free

Kid Connects: Círculo Socio Emocional Para Preescolares de la Edad 3-5



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 es necesario registrarse.

Fecha:

- Jueves, 15 de junio
- Jueves, 22 de junio
- Jueves, 29 de junio

Tiempo: 11 - 11:30 AM

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

Costo: Gratis



Kid Connects: Social-Emotional Circle Times for Preschoolers Ages 3-5

Developed by Kid Connects in the Neighborhood with Mental Health Partners, this program meets weekly and features a rotating cycle of activities, beginning with identifying emotions, and then how to cope with big feelings. Attend one or all.

No registration required.

Dates:

- Monday, June 26
- Monday, July 3
- Monday, July 10

Time: 10:30 - 11 AM

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

Now hiring therapists with a passion for helping children, adolescents, families, seniors, and individuals in recovery.

Want help paying off student loans, while gaining valuable professional experience in mental health?

Our student loan repayment program is one of many great benefits of joining the MHP team!



Become part of a supportive, nurturing working environment where we aim to provide the best care to our clients and each other.

Join Our Team

Apply today!

Parent Infant Mental Health Therapist

Milieu Counselor | SUD | Bachelors Psychology, Social Work, Counseling

Integrated Care 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](#), [Reddit](#), and [LinkedIn](#).



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