



Community Update

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



Mental Health for Students



The beginning of the school year can be an incredibly stressful time for both students and families. Having tools and resources on hand can make those daily stressors more manageable. Check out our Mental Health Toolkits!

Topics include:

- Managing Stress and Anxiety

- Getting Connected to Resources and Therapy
- Crisis Resources and Youth Suicide Prevention
- Minority Mental Health Resources

[Read
More](#)

5 Tips for Acing Back-to-School Prep

Jul 26, 2023 | Back to School, Featured, Parenting



5 Tips for Acing Back-to-School Prep

Hear from our very own Susan Bellas, MS, LPC, the Regional Director of Broomfield and East Boulder County, in Raised in the Rockies.

[Read the Article](#)

Mental Health By the Numbers

42%

of students felt persistently sad or hopeless in a 2021 survey.

1 in 5

students seriously considered attempting suicide in a 2021 survey.

Sources: [CDC: Mental Health](#)

Quote of the Month



Mister Rogers

"How many times have you noticed that it's the little quiet moments in the midst of life that seem to give the rest extra-special meaning?"

Fred Rogers, Mister Rogers

News & Announcements

Help Save Lives



Save lives Salva vidas



Help save lives by joining our 6th annual fundraising event, The MHP Community Challenge 2023. There are many ways to get involved: running, biking, volunteering, or even sitting on your couch. Do a Challenge and share with others. We are raising funds to provide no-cost NARCAN and suicide prevention education. Explore our event website to learn more about how you can make an impact!

Thank you to our presenting sponsor **KeyBank**, major sponsor **Boulder Valley Rotary Club**, sponsors **Centennial Peaks Hospital**, **The Daily Camera**, **The Colorado Hometown Weekly**, and partners **Atlas Valley Purveyors**, **Nothing Bundt Cakes**, and **Bufs 4 Life**.

[Register](#)



Open House & Ice Cream Social



Pictured: Beverly LaRoe (she/her/hers), Community Infant Program Site Manager, receives a bouquet of flowers from Ellen Burnes, MHP Board Chair, for 35 years of service at MHP. Thank you, Beverly!

On August 3rd, over 100 community members and partners joined us in celebrating MHP's 60th Anniversary at Ryan Wellness Center in Boulder for an Open House and Ice Cream Social. Throughout the decades, our staff has provided expert care and compassionate support for individuals and families, especially for those with chronic serious mental illness, as well as historically minoritized and under-resourced communities - regardless of ability to pay. This event, which also featured a client art show and sale, was a tribute to the many people—clients, donors, employees, board members, and chief executives—who have guided and participated in MHP's unswerving dedication to our mission of *healthy minds, health lives and healthy communities*. Thanks to all who attended, and for all of you for your continued support!

Moving to End Sexual Assault (MESA) Trauma-Informed Yoga Series



Trauma-Informed Yoga Class Series

Mondays in August; 4-4:45pm
Only \$25 total for 4 classes
Lafayette, CO

**No prior yoga experience
needed**

*Cultivate inner resilience
& restore balance*



Join Melissa Carey for a 4-week trauma-informed yoga series. Each class builds on the previous classes in the series based on the science behind the benefits of yoga on traumatic stress.

- Every Monday in August from 4-4:45pm.
- \$25 total for all four classes.
- Located at 1455 Dixon Avenue, Lafayette

**Learn
More**

MHP In The News

**Clinics Improving Mental
and Behavioral Health
Standards**

Public News Service

**MESA Seeks Volunteers
Letters: July 6, 2023**

Boulder Weekly

**Science at Six at the library
and other Longmont events
for today**

Times-Call

Events & Trainings

Expand your mental health toolkit!

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



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, August 22, 2023

Time: 3 - 5 PM

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

Language: English

Cost: Free



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, August 25, 2023

Time: 2 - 5 PM

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

Language: English & Español

Cost: Free



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, August 25, 2023

Time: 3 - 4:30 PM

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

Language: English & Español

Cost: Free



Lafayette Monthly Mindfulness Activities

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

No registration required.

Date: Tuesday, September 5, 2023

Time: 3 - 5 PM

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

Language: English

Cost: Free



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.

Longmont:

Dates:

- Every Thursday

Time: 10:00 - 10:30 AM

Location: Longmont Public Library, 409 4th Ave, Longmont, CO 80501

Language: English

Cost: Free

Please check your library calendar in case of closures or staff meetings.

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.



While there are currently no upcoming community trainings, we periodically offer a number of mental health courses - such as QPR, SafeTalk, ASIST, and Intro to Mental Health and Wellness. Please email Trainings@mhpcolorado.org - or visit our website - for more information.

[See All
Trainings](#)

More Than a Job, It's a Mission



MHP is looking for an RN Case Manager, Bilingual Therapist, and a Housing Specialist.

If you have a passion for empowering others to heal, check out these positions. In this role you will provide direct services and assistance to clients. For details on certifications, [visit this webpage](#)

[Join Our
Team](#)

Highlighted Opportunities

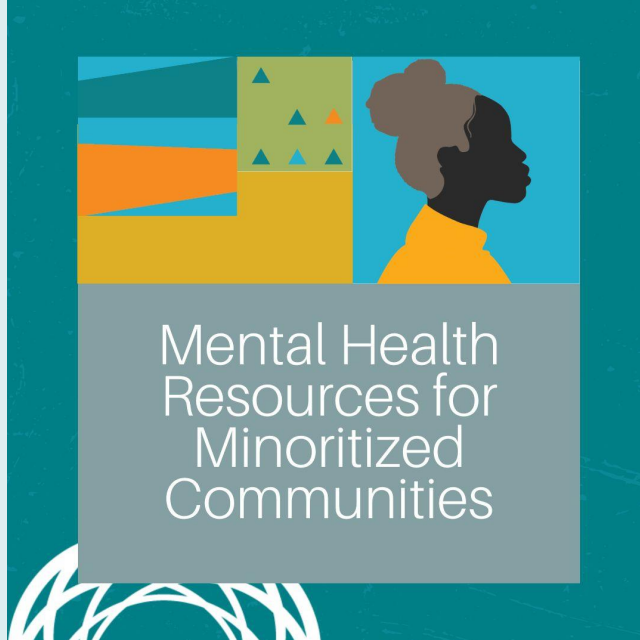
[RN Case Manager](#) | [Bilingual Therapist](#) | [Housing Specialist](#)

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](#).



Having trouble viewing this email? [View it on our website.](#)

Mental Health Partners | 1455 Dixon Ave, Lafayette, CO 80026

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