

Community UPDATE

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

MHP COMMUNITY CHALLENGE 2023

Save lives! Run, bike, volunteer, or donate to help prevent opioid overdose and suicide deaths in our community.

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EMPLOYEE SPOTLIGHT

Jay Winstead, LCSW shares the main message he hopes to get across to everyone who attends a suicide prevention training.

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COGNITIVE ENHANCEMENT THERAPY

MHP is the only site in Colorado that offers CET, an evidence-based cognitive rehabilitation training program for adults.

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BIPOC MENTAL HEALTH MONTH

Through better understanding, we can achieve better health for historically under-resourced and minoritized communities.

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Save Lives: Join The MHP Community Challenge 2023



Run, bike, volunteer, or donate to help prevent opioid overdose and suicide deaths in our community



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Connect with us: (303) 443-8500 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.

Save Lives: Join The MHP Community Challenge 2023

Run, bike, volunteer, or donate to help prevent opioid overdose and suicide deaths in our community



Mental Health Partners invites you to join our community-wide effort to save lives. Through the MHP Community Challenge 2023, we want to raise \$60,000 between now and September 9th to help prevent opioid overdose and suicide deaths in Boulder and Broomfield counties. Funds raised will go directly to suicide prevention trainings, as well as a comprehensive network of free opioid overdose reversal spray kits and fentanyl test strips.

Addressing such widespread societal challenges as suicide and the opioid crisis can feel

overwhelming. And yet, research shows that we can make a positive impact by expanding suicide prevention education and access to opioid reversal medications like NARCAN® (Naloxone). To achieve our vision of healthy minds, health lives, healthy communities, we seek to support individuals like you by helping provide lifesaving tools to help your loved ones, neighbors, strangers, and community.

By joining the MHP Challenge, you can help save lives and make a positive difference in your community. There are several ways to get involved: running, biking, volunteering, or giving from the comfort of your couch. Start your own Challenge team, and share with your family, friends, and colleagues today!

A special thanks to sponsors: Key Bank, Boulder Valley Rotary Club, Centennial Peaks, Daily Camera, Hometown Weekly, Buffs 4 Life, Atlas Valley Purveyors, and Nothing Bundt Cakes.

Learn more
and sign up
bit.ly/mhpchallenge2023



EMPLOYEE SPOTLIGHT: *Jay Winstead, LCSW (he/him)*



Hi, my name is Jay. I'm a trainer and suicide prevention specialist at Mental Health Partners. I teach both mental health professionals and community members how to help prevent suicide in our community.

I started at MHP in 2010 and worked on our Crisis team for the next 8 years. During that time, I worked with literally hundreds of people who were thinking about taking their life or had actually tried to. Before I took that job, I had no idea just how common suicidal thoughts are and how many people go through that struggle every year.

When I moved into my current position in 2019, I felt that training was a way to help far more people than I could help as a clinician working with one individual at a time. For me, it's also an avenue of personal growth. Any experienced teacher or trainer knows your students can teach you as much or more than you teach them. If you go into each class being open to a dialogue with the participants, you'll learn!

The main message I hope to get across to everyone who attends a suicide prevention training is 'You can do this.' A lot of people hesitate to talk about suicide because they don't know how to help or what's truly helpful. We teach simple skills that anyone can use to help a person who's thinking of suicide. Start the conversation, and you can save a life.

How CET Helps Clients Achieve Their Goals



Supervisor Andy Salonen (center) and Program Manager Allyce Kunkel (right) congratulate a CET graduate (left).

At Mental Health Partners, we partner with clients to support their wellness journey by offering a variety of evidence-based programs. One such program that has had significant success is Cognitive Enhancement Therapy (CET).

MHP is the only site in the state of Colorado that offers CET, which is a year-long recovery-phase cognitive rehabilitation training program for adults that has been demonstrated to be highly effective for a wide range of mental health diagnoses - including schizophrenia, depression, trauma, psychosis, and other severe mental illness. Most CET participants are symptomatically stable, yet continue to need support in their social and vocational development.

"I feel more like myself again. CET helped me to feel more comfortable around other people and to know that I am safe and not being judged. It's okay to speak about my feelings instead of keeping them bottled up."

- Recent CET graduate

CET may be a good option for any adult who feels like their thinking patterns are preventing them from achieving their goals in life. The aim of CET is not to eliminate symptoms altogether, but rather to learn how to better manage symptoms and stimulate thinking to create new neural pathways. After graduating from CET, clients often feel they have better words to describe what is going on in their head and how to communicate with others.

The CET Program is available to all MHP clients. If you or a loved one are interested in participating, talk to your MHP Care team or call our main phone line at (303) 443-8500 to get connected and learn more.

Wellness Activities and Resources at the Longmont Library

Join us at the Longmont Library (409 4th Ave. Longmont, CO 80501) for free Monthly Mindfulness Activities for kids and teens! One of our bilingual Spanish-speaking Community Health Workers is there every 4th Friday from 3-4:30pm. Visit our website for more details: MHPColorado.org/community-health-workers/



Maritza Rodriguez, Bilingual Community Health Worker, hosts mindful coloring and other monthly wellness activities at local public libraries for kids and teens.



July is National Minority (BIPOC) Mental Health Awareness Month

Data shows that both overt and covert actions of racism impact the safety, health, and wellbeing of black, indigenous, and people of color (BIPOC) communities. When providing mental health care, it is important to understand the historical context and collective trauma from the mistreatment of minoritized communities by the healthcare industry. As care providers, we must recognize this collective trauma and understand how it shapes the identities and perspectives of the communities we serve.

Continue learning about BIPOC mental health and minoritization: MHPColorado.org/community/bipoc/





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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 You-CAN/NARCAN fund.
- ☐ Use this contribution where most needed.
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- ☐ Send me information on bequests and deferred gifts for MHP.

**Enclosed is my tax-deductible charitable
contribution of: \$ _____**
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1455 Dixon Ave., Suite 300, Lafayette, CO 80026
Or visit 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>*

RECRUITMENT Now Hiring Therapists



Mental Health Partners recently attended the Pride Job Fair in downtown Denver to speak with local job seekers about joining our inclusive and affirming team. Pictured above: Lance Buchanan, Communications & Marketing Manager (left) and Jon Drogheo, Senior Recruiter (right).

Join our passionate therapy teams serving clients in and around Broomfield, Boulder, Longmont, Lafayette, and Nederland. 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 and financial planning)!

Apply today: MHPColorado.org/about/careers



Correction

In the previous edition of this Community Update newsletter (Spring 2023), Kat Martinez, our JEDI Curriculum Designer and Facilitator, was featured in the Employee Spotlight section. Kat uses non-binary (they/them) pronouns to represent their disidentification with a gender binary.

Unfortunately, it recently came to our attention that Kat was misgendered in the Spanish translation of the newsletter. While the Spanish language has both gendered and non-gendered nouns (e.g., doctor), it has traditionally relied upon binary pronouns (ella/el). Yet, more recently, LGBTQIA+ Latine youth are increasingly using “elle” to represent a non-binary gender identity. Moving forward, Mental Health Partners will adopt this approach.

At MHP, we believe that all identities should be respected, honored, and celebrated. We thank our clients, community, and colleagues for trusting us as we continually strive to build a culture of justice, equity, diversity, and inclusivity.

Get Connected

Sign up for our monthly
Community Update e-newsletter!

