



## Community Update

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



Shining a Spotlight on Suicide Prevention, Recovery, & Latine Mental Health

# September

**SUICIDE PREVENTION  
AWARENESS**



**NATIONAL  
RECOVERY MONTH**

September 15 - October 15  
**Hispanic Latine Heritage Month**

September is Suicide Prevention Awareness Month, National Recovery Month, and September 15 - October 15 is National Hispanic Latine Heritage Month. According to Mental Health America, suicidal thoughts, plans, and attempts are also rising among Latinx/Hispanic young adults. ([Source](#))

A key component in reducing suicide is suicide prevention education. Get trained on how to best support those struggling with mental health. Many of MHP's trainings are offered to individuals who reside or work in the City of Boulder free of charge, as part of a generous partnership with the City. If you reside in Boulder or Broomfield counties, we invite you to inquire about pricing and upcoming training opportunities by emailing [Trainings@mhpcolorado.org](mailto:Trainings@mhpcolorado.org).

#### Upcoming Trainings

Question, Persuade, Refer (QPR): Wednesday, August 30th: 9am-10:30am

Adult Mental Health First Aid: Wednesday, November 1st: 9am-4:30pm

Youth Mental Health First Aid: Thursday, October 19th: 9am – 3pm

**Sign Up for  
Trainings**

### Request a Private Group Training

To schedule a private training for your group, business, or organization from an MHP mental health expert, email [Trainings@mhpcolorado.org](mailto:Trainings@mhpcolorado.org). We will contact you within 1 week to discuss the details - and, if needed, we can develop a custom training based on your group's individual needs.

## Mental Health By the Numbers

**650,000**

Latine/Hispanic 18-25 year-olds had serious thoughts of suicide in 2018, compared to 7 percent (402,000) in 2008.

**Nearly 90%**

of Latine/Hispanic people over the age of 12 with a substance use disorder did NOT receive treatment.

Source: [Mental Health America](#)

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Please note that the website where this information was pulled from uses the term Latinx. As an organization we are choosing to use the term Latine. Learn more about our decision from our friends at [OutBoulder](#).

## Quote of the Month



## **Jane Delgado, PhD**

President and CEO, National Alliance for Hispanic Health

"Health is never 'one size fits all.' It has to be tailored to the individual and the community. You have to meet people where they are and walk with them."

Jane Delgado, PhD  
President and CEO, National Alliance for Hispanic Health

**News & Announcements**





### Access free, lifesaving NARCAN throughout Boulder and Broomfield counties

Opioid overdoses and deaths, particularly from the increasingly common synthetic opioid fentanyl, are on the rise in Colorado. In response to this crisis and to save lives, Mental Health Partners is working with community partners to make overdose reversal medication more widely available and accessible throughout our community.

The goal of the You-CAN campaign is to establish a network of free, easily administrated NARCAN® (naloxone) nasal spray kits in communities across Boulder and Broomfield counties.

We believe the more people who have access to overdose reversal medication, the more lives that can be saved.

**Learn more about You-  
CAN**

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**Moving to End Sexual Assault (MESA) Volunteer Hotline**



### **Celebrating MESA's Summer 2023 Volunteer Hotline Advocate Graduates**

A huge congratulations to our incredible Summer 2023 Volunteer Hotline Advocate Graduates! They've just completed our intensive training and are now out there, supporting survivors of sexual violence with unwavering dedication.

Equipped with vital skills in trauma-informed care, active listening, and crisis intervention, these advocates are ready to stand by survivors, guiding them through their healing journeys with strength and resilience.

By joining our advocate network, they're part of a powerful movement aiming to challenge norms and create an environment where survivors are empowered and heard. Their presence shines a light of hope, paving the way for a more compassionate community.

Let's give these grads a huge virtual round of applause! Their energy and commitment are driving real change, making the world safer and more caring for survivors of sexual violence. We're excited to see the positive impact they'll bring to our community.

[\*\*Become a Volunteer\*\*](#)

## MHP In The News

**Help Save Lives: Mental Health Partners' Challenge to Raise Money for Suicide & Overdose Prevention**

Yellow Scene Magazine

**Groove to the Rhythms of Hope: 2023 Live Your Lyrics Event Promotes Suicide Awareness and Prevention Through Music and Unity**

24/7 Press Release

**Raise awareness of suicide prevention in September**

Longmont Leader

## Events & Trainings

### Expand your mental health toolkit!

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



#### 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, September 15, 2023

**Time:** 3 - 4:30 PM

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

**Language:** English & Español

**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, September 26, 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, September 29, 2023

**Time:** 2 - 5 PM

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

**Language:** English & Español

**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.



## Kid Connects: The Great ArtDoors

Join Kid Connects in the Neighborhood and Mental Health Partners for this art-focused program. Through this support group, kids will develop and gather resources for coping with stress, express themselves through art and the natural environment, and work together to help create an environment that is welcoming, inclusive, and fun for the group.

**No registration required.**

### Louisville:

**Dates:** Most Fridays

**Time:** 11:30 - 1:00 M

**Location:** Louisville Public Library, 951 Spruce St. Louisville, CO 80027

**Language:** English

**Cost:** Free

Please check your [library calendar](#) in case of closures or staff meetings.



## Let's Connect: Parent Workshop

Let's Connect is an ongoing 10-week parenting group that strengthens relationships between children and the adults who care for them.

**Dates:** 10 weeks, Wednesdays

**Time:** 1:00 - 2:30 M

**Location:** Virtual

**Language:** English

**Contact Information:** [info@letsconnect.org](mailto:info@letsconnect.org)

[Learn  
More](#)



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.

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](mailto: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 a Bilingual Therapist, an RN Case Manager, and a Mental Health Therapist, Psychiatric Urgent Care.



## Join the MHP Team

- Bilingual Spanish Therapist | Child and Families
- RN Case Manager: Float, Urgent Psychiatric Care
- Mental Health Therapist | Psychiatric Urgent Care



 [mhpcolorado.org/about/careers/](https://mhpcolorado.org/about/careers/)

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 | Mental Health Therapist. Psychiatric Urgent Care**

## 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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