



Community Update

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



Opportunities to Heal and Grow



Ways to Improve Your Mental Health in 60 Days



In honor of Mental Health Partners' **60 years** of serving our community, we've put together a list of 60 ways to improve your mental health through the daily practice of self-care and self-compassion. This list of activities contains quick, simple, and low-cost (or free) activities that can help boost your mental health.

[Read the 60 Ways](#)

Over 40%

experienced contact sexual violence, physical violence, and/or stalking by an intimate partner and reported an intimate partner violence-related impact during their lifetime.

Over 50m

men have experienced psychological aggression by an intimate partner in their lifetime.

Source: [CDC.gov](https://www.cdc.gov)

Quote of the Month

**Autumn shows us how
beautiful it is to let
things go.**

-unknown

News & Announcements



The MHP Community Challenge, raised **over \$40,000** to help save lives through suicide prevention education and free harm reduction resources to prevent fentanyl overdoses. Our virtual Couch, virtual Bike, and Boulder Skyline Traverse Trail Challenge participants had terrific fundraising success.

Congratulations to our fundraising winners!

Boulder Skyline Traverse Trail Challenge:

Team SoBo Sunrise Sisters fundraised \$4,590!

Virtual Bike Challenge:

Bill Briggs raised \$4,950!

Virtual Couch Challenge:

Team Mikey Likes It, fundraised \$3,625!

Thank you to our sponsors: **KeyBank Healthcare, Boulder Valley Rotary Club, Centennial Peaks Hospital, the Daily Camera, Colorado Hometown Weekly, Atlas Valley Purveyors, Buffs4Life, and Nothing Bundt Cakes.**

**Donate To Help Save
Lives**

Moving to End Sexual Assault (MESA) Volunteers Needed



October is Domestic Violence Awareness Month.

One in 3 Coloradans experiences sexual violence in their lifetime. Moving to End Sexual Assault (MESA) has served Boulder County for over 50 years through our hotline...and now you can too.

Make a difference by becoming a volunteer hotline advocate supporting survivors and their loved ones via our 24/7 hotline, text line, or in-person crisis response. Remote shifts and flexible scheduling available. Free, comprehensive training begins October 23rd.

Apply by October 12th.

Questions? Email info@movingtoendsexualassault.org

[Become a Volunteer](#)

MHP In The News

Challenges remain as Boulder Valley health care groups move past COVID-19 era

Powdered fentanyl found in Boulder County

Live Your Lyrics: Colorado man organizes fundraiser to support suicide

Events & Trainings

Expand your mental health toolkit!

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



Webinar: Supporting Younger Children's Mental Health

Join Community Health Worker Child and Family Specialist Jen Nelson 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.

Registration is required.

Dates: Friday, October 13

Time: 1 - 2:30 PM

Location: Virtual

Language: English

**Sign Up for
Webinar**



Webinar: Supporting Older Children's Mental Health

Join Community Health Worker Child and Family Specialist Jen Nelson to discuss how you can support children ages 10-18. Jen will outline how to recognize mental health symptoms when a child needs help as well as tools and strategies for caregivers to respond to older children's mental health needs.

Registration is required.

Dates: Friday, October 20

Time: 1 - 2:30 PM

Location: Virtual

Language: English



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, October 24

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, October 27

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, October 27

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 on Fridays (dates vary)!

No registration required.

Date: Tuesday, November 7

Time: 3 - 4:30 PM

Location: Lafayette Public Library, 775 W. Baseline Road

Lafayette, CO 80026

Language: English

Cost: Free



Youth Mental Health First Aid (YMHFA)

Youth 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.

Registration is required.

Please email trainings@mhpcolorado.org to register.

Date: Thursday, October 19

Time: 9 AM - 3 PM

Location: Virtual/Zoom

Language: English

Cost: \$45 or Free [Details Here](#)



Applied Suicide Intervention Skills (ASIST)

Participants learn to use a suicide intervention model to identify persons with thoughts of suicide, seek a shared understanding of reasons for dying and living, develop a safe-plan based upon a review of risk, be prepared to do follow-up, and become involved in suicide-safer community networks.

Registration is required.

Please email trainings@mhpcolorado.org to register.

Date: Tuesday & Wednesday, October 24 & 25

Time: 8:30 AM - 4:30 PM, both days

Location: Ryan Wellness Center: 1000 Alpine Ave, Boulder, CO 80304

Language: English & Español

Cost: \$220 [Details Here](#)



Introduction to Mental Health and Wellness

This training is an introduction to mental health, mental distress, recognizing the signs, approaching someone in distress and where to refer to, as well as self-care. **Se ofrece interpretación en español para esta clase.**

Registration is required.

Please email trainings@mhpcolorado.org to register.

Date: Friday, October 27

Time: 9 AM - 3 PM

Location: Virtual/Zoom

Language: English

Cost: \$45 or Free [Details Here](#)



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 - or visit our website - for more information.

[See All Trainings](#)

More Than a Job, It's a Mission

Student Loan Repayment

Student loan debt can be overwhelming, which is why MHP is committed to helping our employees pay down this debt through direct monthly contributions.

MHPColorado.org



MHP is looking for nurses and therapists! With student loan payments resuming, MHP's Student Loan Repayment contributions can enhance quality of life for employees in and outside of work.

Highlighted Positions:

- [Mental Health Nurse Practitioner](#)
- [Nurse Manager](#)
- [Mental Health Therapist](#)

[Find Other Job Opportunities](#)

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

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