



## Community Update

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



## MHP celebrates continued partnership with NAMI Boulder



Pictured: MHP co-CEOs Jennifer Leosz and Dixie Casford cutting the ribbon for new NAMI office with Phoebe Norton, former CEO of MHP and current NAMI volunteer.

Mental Health Partner's is thrilled to continue and strengthen our long-standing

partnership with NAMI. Phoebe Norton, a former CEO of MHP and current volunteer at NAMI, cut the ceremonial ribbon to open the new office for NAMI at our Lafayette office.

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization. NAMI Boulder County's mission is to provide advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

[Learn More: NAMI Boulder](#)



### Meet Martha Rosner

"As an MHP therapist for the last 20+ years, I've worked with countless individuals experiencing a mental health crisis... Each day, my goal is to help these individuals feel a little more hopeful, not completely powerless."

[Read the blog.](#)

## Mental Health By the Numbers

**2 in 3**

Americans feel that their mental health is negatively impacted by the holidays.

**30%**

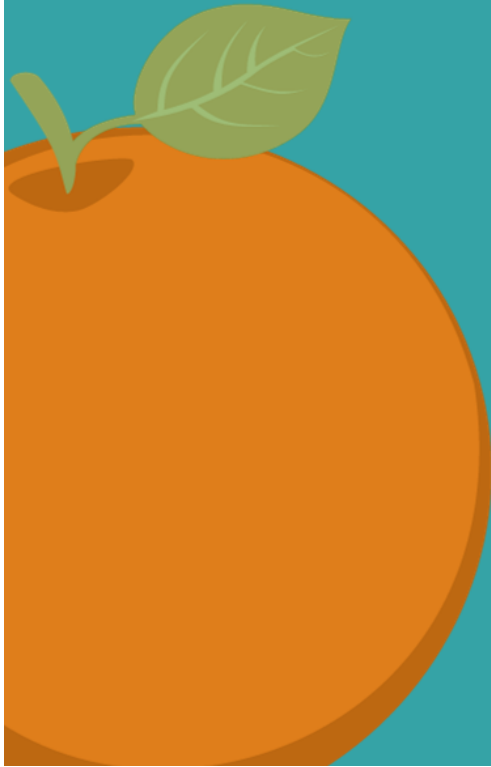
of those surveyed identified extended family as the biggest stressor during the holiday season.

Source: [sesamecare.com](https://www.sesamecare.com)

## Words of the Month

# The Orange

By Wendy Cope



At lunchtime I bought a huge orange --  
The size of it made us all laugh.  
I peeled it and share it with Robert and  
Dave --  
They got quarters and I had half.

And that orange, it made me so happy,  
As ordinary things often do  
Just lately. The shopping. A walk in the  
park.  
This is peace and contentment. It's new.

The rest of the day was quite easy.  
I did all the jobs on my list  
And enjoyed them and had some time  
over.  
I love you. I'm glad I exist.





Colorado Gives Day is Tuesday, December 5<sup>th</sup>. Every year, Colorado comes together to support local nonprofits, and MHP is part of this special day!

Every gift to MHP is tax-deductible and **helps us provide services and hope** to clients that would not otherwise be possible.

On this day of giving, you can make a difference through your contributions by helping us provide cost-covered support to someone at our **24/7 Crisis Walk-In Center**, by helping fund basic “welcome home” **supplies for recently housed clients**, and by providing support to a sexual assault survivor who needs to call our **24-hour hotline**. Give the gift of hope today.

Colorado Gives  
Day

## Events & Trainings

### Expand your mental health toolkit!

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



## QPR: Question, Persuade, Refer

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. The objective of this concise but informative training is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. This course is open to anyone age 16 and older.

### **Registration is required.**

Please email [trainings@mhpcolorado.org](mailto:trainings@mhpcolorado.org) to register.

**Date:** Tuesday, December 5

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

**Location:** Virtual/Zoom

**Language:** English

**Cost:** \$10 or Free [Details Here](#)



## 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, December 5

& Wednesday, January 3

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

**Location:** Lafayette Public Library, 775 W. Baseline Rd, Lafayette, CO 80026

**Language:** English

**Cost:** Free

## Webinar: Mental Health Support for Younger Children

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, December 8

& Friday, January 26

**Time:** 1 - 2:30 PM

**Location:** Virtual

**Language:** English

**Sign Up for  
Webinar**



## 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](mailto:trainings@mhpcolorado.org) to register.

**Date** Tuesday, December 12

**Time:** 8:30 - 10:30am

**Location:** Virtual/Zoom

**Language:** English and Español

**Cost:** \$15 or Free [Details Here](#)



## 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, December 15

& Friday, January 26

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

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

**Language:** English & Español  
**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, December 22  
& Friday, January 26

**Time:** 2 - 5 PM

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

**Language:** English & Español

**Cost:** Free



## Webinar: Mental Health Support for Older Children

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, January 26

**Time:** 1 - 2:30 PM

**Location:** Virtual

**Language:** English

**Sign Up for  
Webinar**

## Applied Suicide Intervention Skills Training (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](mailto:trainings@mhpcolorado.org) to register.

**Date:** Thursday - Friday, January 25 - 26

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

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

**Language:** English

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

MHP is proud to partner with **Boulder and Broomfield counties** 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's priority is to retain top talent by ensuring employees are supported to further their career. We support continued employee education and development by providing or sponsoring activities to benefit staff.

**Highlighted Positions:**

**Bilingual Spanish Sexual Violence  
Community Liaison and Advocate**

**Care Coordinator | Adult and  
Family Health Home**



## MHP Benefit Tuition Reimbursement

Eligible employees may receive tuition reimbursement as they pursue completion of undergraduate and graduate level degree programs and specialized certification programs.



Manager | Crisis & Withdrawal  
Management Services

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**.



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

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

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