

# Community UPDATE

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

## DONOR IMPACT

See how contributions from generous donors make a meaningful difference in the lives of our clients and community.

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## EMPLOYEE SPOTLIGHT

Meet Martha Rosner, MHP's Homeless Outreach Therapist who helps clients find hope, help, and home.

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## WELLNESS GROUPS

Learn about the many ways MHP clients can connect with others (and themselves) through group therapy and wellness activities.

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## CHW AWARD

MHP's Community Health Worker team receives national recognition for their outstanding service, dedication, and excellence.

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## MHP's You-CAN campaign

Boulder County saw a 100% increase in fentanyl-related emergency department visits in 2023, compared to the previous year.



Source: Boulder County Public Health

MHP's **You-CAN campaign** aims to raise \$60,000 to establish a network of harm reduction kiosks across Boulder and Broomfield counties. These kiosks provide free naloxone/ NARCAN (an opioid overdose reversal spray) and fentanyl test strips to the public. Visit our website to contribute to this life-saving initiative and locate our kiosks.

SCAN  
ME



bit.ly/MHPYouCAN or scan

**Every day** and in so many ways, dedicated and experienced experts at Mental Health Partners work to empower clients on their wellness journeys to find hope, healing, and recovery. As a nonprofit organization, the success of this important work is thanks, in large part, to the generosity of community members who believe in our mission to help people enjoy healthy and fulfilling lives.

In this season of gratitude and reflection, we are thankful for the countless ways in which generous contributions are making a meaningful difference in the lives of our clients and community. Here are just a few examples of how thoughtful gifts from our donors are making a positive impact:

## Housing

Four gifts to our Housing program, totaling nearly \$4,000, provided funds for 50 Welcome Home kits for people moving from homelessness into housing. Each kit contains essential supplies to make shelter feel more like a home, such as towels, can openers, toilet paper, and basic cleaning supplies.

## Survivors of Sexual Violence

Contributions to Moving to End Sexual Assault (MESA) helped staff and advocates answer nearly 1,300 hotline calls and

work one-on-one with over 60 community members. The dedicated volunteers who staff MESA's 24/7 hotline receive 40 hours of training, funded by contributions, before they can take their first call.

## Suicide Prevention

Gifts this year to MHP's suicide prevention training and education program made it possible to provide nearly 50 trainings at no-cost to residents throughout our region, including staff from Boulder Valley School District and St. Vrain Valley School District. The more people who are trained in suicide prevention, the more lives can be saved.

## Equine Therapy

Thanks to several generous contributions, MHP was able to partner with Medicine Horse, a local nonprofit, to develop a unique equine therapy program for youth. Last spring, a dozen Latine/Hispanic youth from MHP Family Resources Services (FRS) schools attended a six-week, two-hour group session, led by a trained equine therapist.

## Marshall Fire

Contributions we received to support local youth impacted by the Marshall Fire & Wind Event were invested to embed a Youth Care Coordinator at the YMCA of Northern Colorado. This Coordinator supported the organization's School Age

Program (SAP) and summer camps at Lafayette, Boulder, and Longmont facilities, teaching nearly 100 youngsters about emotional regulation and mindfulness practice skills.

## Harm Reduction

Thanks to nearly \$25,000 generously donated to jumpstart our You-CAN campaign, MHP was able to place six harm reduction kiosks at locations across our community – including MHP locations in Boulder, Broomfield, Lafayette, and Longmont, as well as the Lafayette YMCA. These kiosks have been filled with nearly 1,500 NARCAN kits and more than 1,000 fentanyl strips to date. We anticipate placing six more kiosks by year-end.

## How YOU can make a difference

Because MHP provides such a broad range of services to people of all ages, you can choose to give to our general fund or support a program/initiative that is particularly important to you. To learn more about giving options, visit our website (see QR code) or contact philanthropy@mhpcolorado.org.

**Donate today**



## EMPLOYEE SPOTLIGHT: *Martha Rosner (she/her/hers)*



As an MHP therapist for the last 20+ years, I've worked with countless individuals experiencing a mental health crisis. In my current role as a Homeless Outreach Therapist, I work closely with the Boulder Shelter for the Homeless to provide embedded mental health support, services, and resources to Shelter residents.

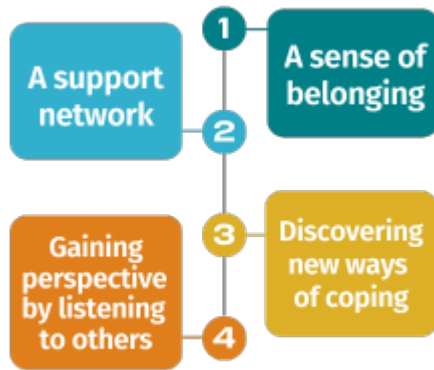
Each day, my goal is to help these individuals feel a little more hopeful, not completely powerless. If people feel hopeless, they're paralyzed. I feel a personal connection to many of the individuals I work with considering that, in some ways, my own life didn't "go to plan." At the age of 50, I attended Naropa University's contemplative

psychotherapy program and began my career in counseling. Everyone's life unfolds differently and in unexpected ways, for better or worse. I often remind my clients that there is no "normal," and pursuing a happy and fulfilling life looks different for each person.

The longer I do this work, the more I understand that a huge part of the problem of homelessness is social, not personal. In our society, it has become easier for people to lose housing stability due to a lack of safety nets. Many factors can push someone into homelessness: sickness, injury, caring for a loved one, domestic violence, legal issues, incarceration, lack of affordable housing, and of course mental health and addiction challenges.

What gives me joy in my work is reminding these individuals that they are not alone, and helping support them in getting the emotional, mental, social, and financial support they need to find home, healing, and hope.

# The Benefits of Wellness Groups



*“Being in a group of supportive people helps participants creatively express their true selves in a safe space. Groups build community and social connection, and can help alleviate loneliness, isolation, anxiety, depression, distressing thoughts. These benefits are vital for whole health!”*  
 - Amy Murray (she/her/hers), MHP Health & Wellness Coach

Did you know that MHP clients can attend regular wellness activities and therapy groups? Each month, our clients have many opportunities to connect with others (and themselves) through a number of exciting virtual and in-person community groups.

These group wellness activities, which are focused on creating social connection and reducing stigma, include gardening, walking, hiking, writing, coloring, painting, knitting, yoga, mindfulness, and more. We also offer evidence-based therapy groups (such as Whole Health Action Management, Dialectical Behavior Therapy, and Acceptance and Commitment Therapy), as well as support groups focused

on specific populations (such as patients living with diabetes or chronic pain).

Pursing health and wellness in a group setting can be a powerfully healing experience, helping clients gain new perspectives, discover different ways of coping, and creating a shared community centered around belonging and support.

If you or a loved one are an MHP client, ask your therapist or treatment team about available groups or check out the monthly calendars listed on our website.

Find a group



## MHP Raises Over \$40K to Help Save Lives

During this year’s MHP Community Challenge, our virtual Couch Challenge and Bike Challenge participants had terrific fundraising success, and over 25 trail runners championed through 19+ miles of the Boulder Skyline Traverse Trail Challenge on Saturday, September 9th.

MHP congratulates all of our fundraisers - including these individual and team winners (based on who raised the most money in each category):

- Boulder Skyline Traverse Trail Challenge: **Team SoBo Sunrise Sisters**
- Bike Challenge: **Bill Briggs**
- Couch Challenge: **Team Mikey Likes It**

We also thank our community sponsors: KeyBank Healthcare, Boulder Valley Rotary Club, Centennial Peaks Hospital, the Daily Camera, Colorado Hometown Weekly, Atlas Valley Purveyors, Buffs4Life, and Nothing Bundt Cakes.



Funds from the 6th annual MHP Community Challenge 2023 will support our You-CAN/NARCAN campaign to help combat the local opioid crisis, as well as fund local suicide prevention initiatives.



“Art makes me happy, takes my mind off my problems, and I can get creative.”



## Client Holiday Art & Gift Sale

In partnership with the Lafayette Public Library, all are welcome to attend our Client Holiday Art & Gift Sale on Sunday, December 3rd from 2-4pm. Join us at the library in the lower level meeting room (775 W Baseline Rd, Lafayette, CO 80026) to support our inspiring client artists and get some holiday shopping done.

Can’t make it to the show? Lafayette Library will also exhibit MHP client artwork in the upper north gallery for the full month of December. Drop in at the library during open hours to enjoy client artwork.

LAFAYETTE  
PUBLIC  
LIBRARY  
COLORADO







**Yes! I want to contribute  
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 housing.
- ☐ Use this contribution for Moving to End Sexual Assault (MESA).
- ☐ Use this contribution for suicide prevention initiatives.
- ☐ Use this contribution for the You-CAN/NARCAN campaign.
- ☐ Use this contribution where most needed.
- ☐ Other \_\_\_\_\_

**Enclosed is my tax-deductible charitable  
contribution of: \$ \_\_\_\_\_**  
(Make checks payable to MHP)

**I would like to use my credit card to make  
this gift:**

**ACCOUNT # \_\_\_\_\_**

**EXP DATE \_\_\_\_\_ CRV # \_\_\_\_\_**

*Mail to: Mental Health Partners, ATTN: Philanthropy, 1455  
Dixon Ave., Lafayette, CO 80026. Or, visit [www.mhpcolorado.org/donate-today/](http://www.mhpcolorado.org/donate-today/) to contribute online.*

*To sign up to receive information about MHP, visit  
<https://www.mhpcolorado.org/community/newsletter>*

## RECRUITMENT

### We're Hiring Bilingual Spanish Therapists!

As part of our mission to make mental health and substance use care more accessible, affordable, and culturally responsive for all, we are hiring bilingual/bicultural therapists, case managers, and other roles. If you have a heart for serving local Hispanic/Latine and other historically under-resourced communities, visit our Careers page to learn how you can put your passion into professional practice by joining our team.

Apply today: [MHPColorado.org/about/careers](http://MHPColorado.org/about/careers)



*"As a bilingual recruiter, I have the privilege of connecting with people from many backgrounds and communicating our commitment to inclusivity and diversity here at Mental Health Partners. By understanding the critical need for bilingual employees, we can help break down language barriers and open doors to new opportunities."*

- Michelle Alvarado (she/her/hers),  
Bilingual Recruiter

## RECOGNITION

### Community Health Workers Receive National Award



In August, MHP's Community Health Worker (CHW) team attended a national conference to discuss the vital role of CHWs in communities across the country as they seek to eliminate barriers to care for minoritized and under-resourced populations.

During the conference, the CHW team was announced as the second-place winner of the Mosley Team Award for Extraordinary Community Health Worker Service. This prestigious award recognizes and acknowledges outstanding service, dedication, and excellence within the profession. Mental Health Partners celebrates and honors our colleagues for their continued passion, expertise, and commitment to serving our clients and community.

## Get Connected

Sign up for our monthly  
Community Update e-newsletter!

[www.mhpcolorado.org/community/newsletter](http://www.mhpcolorado.org/community/newsletter)

