



Community Update

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



Art Helps Healing

MHP Client Art & Gift Sale

LAFAYETTE
PUBLIC
LIBRARY
COLORADO

Co-sponsored by the Lafayette Public Library

Sunday, December 3rd, 2-4pm
at the Lafayette Public Library

Join us Sunday, December 3rd, 2-4pm at the Lafayette Public Library (775 W Baseline Rd, Lafayette) for original art & gift shopping!

Mental Health Partners' talented client artists will be showing and selling their handmade art! Many of our client artists have only recently begun to show their work and your support is appreciated. They have poured their hearts and souls into creating these remarkable works of art and will retain 100% of their sales. Please note that cash and check are preferred.

Coping with Holiday Stress



Coping with Holiday Stress

The end of the year brings stress to many. Whether you're celebrating a holiday, gathering with loved-ones, or affected by the shorter, darker days, here's some advice for setting priorities and boundaries during this season.

[Read the blog.](#)

Mental Health By the Numbers

Nearly 50%

of young adults between the ages of 18 and 24 report depressive disorder or anxiety symptoms.

Only 43.2%

of adults with Generalized Anxiety Disorder (GAD) are receiving treatment.

Source: <https://www.kff.org> | <https://adaa.org>

Quote of the Month

'Enough' is a feast.

Buddhist Proverb

News & Announcements



Every year, Colorado comes together to raise funds for local nonprofits for Colorado Gives Day.

Gifts on Colorado Gives Day are tax-deductible and help us provide services and hope to clients that would not otherwise be possible. You can make a real difference by providing hope to a client who may need services at our 24/7 Crisis Walk-In Center, hope to a client who needs basic supplies for their newly acquired housing, hope to a sexual assault survivor who needs to call our hotline.

In 2023, Moving to End Sexual Assault (MESA) supported 1,280 callers on the hotline and met with survivors 258 times for emotional support, at hospitals for

exams, assistance filing police reports, and ongoing case management. As Boulder County's only sexual violence resource center, this critical support is made possible by generous donors like you.

Give hope this year.

**Colorado Gives
Day**

MHP In The News

**Tech At The Table: How
To Have A Tech-Enabled
Business Strategy**

Open Minds

**Boulder's Temple of
Tranquility creates 'a
sense of coming together'**

Daily Camera

**Sexual assault hotline
seeking new volunteers**

Daily Camera

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, November 10
& Friday, December 8

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, November 17

Time: 1 - 2:30 PM

Location: Virtual

Language: English

**Sign Up for
Webinar**



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 &
Tuesday, December 5

Time: 3 - 4:30 PM

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

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, November 17 &
Friday, December 22

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, November 17 &
Friday, December 15

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, November 28 &
Tuesday, December 19

Time: 3 - 5 PM

Location: Nederland Public Library, 200 CO-72,
Nederland, CO

Language: English

Cost: Free



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 to register.

Date & Time: Wednesday, November 15, 12-1:30pm & December 5, 3-4:30pm

Location: Virtual/Zoom

Language: English

Cost: \$10 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: Thursday-Friday, November 16-17

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 & 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 & Time: Wednesday, November 29, 3-5pm

Tuesday, December 12, 8:30-10:30am

Location: Virtual/Zoom

Language: English

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



Youth Mental Health First Aid (YMHA)

Adult 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: Monday, December 4th

Time: 9 AM - 4:30 PM

Location: Good Samaritan Medical Center: 200 Exempla Cir, Lafayette, CO 80026

Language: English

Cost: \$45 or Free [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 - or visit our website - for more information.

**See All
Trainings**

More Than a Job, It's a Mission

Tuition Reimbursement

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

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:

- **School Based Therapist | Bilingual Spanish**
- **PRN Nurse Case 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**.



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

[Unsubscribe marketing@mhpcolorado.org](mailto:marketing@mhpcolorado.org)

[Update Profile](#) | [Constant Contact Data](#)
[Notice](#)

Sent by mhpsocialmedia1962@gmail.com