

May 2024



Dear {{Recipient.FirstName}},

May is not just another month on the calendar; it is a pivotal time for us to amplify our voices and champion a cause at the core of our mission – Mental Health Awareness. This May holds special significance for us as we commemorate not only the importance of mental health awareness but also the remarkable journey of our organization since its founding in 1953.

Across history, the discourse regarding mental health has evolved significantly, yet there remains much ground to cover. Since our establishment, Mental Health Colorado has been at the forefront of mental health advocacy, striving to break down barriers, promote education and compassion, and provide support to those in need.

Our campaign for Mental Health Awareness Month this year is a testament to our enduring commitment. We will celebrate the milestones we've achieved over the decades while acknowledging the persistent challenges that remain. By highlighting our organization's journey from its humble beginnings to the impactful force it is today, we hope to inspire reflection, conversation, and action.

Thank you for your steadfast support. We look forward to all we will continue accomplishing together this year and in years to come.

A handwritten signature in blue ink that reads "Vincent".

Vincent Atchity
President & CEO



During the early days of mental health care, asylums often restrained people experiencing mental illness with iron chains and shackles around their ankles and wrists. In the early 1950s, when this practice was being called out as brutal by advocates, the National Association of Mental Health, now Mental Health America, spearheaded a nationwide campaign to collect the chains and shackles from asylums that were beginning to discontinue their use and melt down these inhumane bindings to recast them into a sign of hope: The Mental Health Bell.



“Cast from shackles which bound them, this bell shall ring out hope for the mentally ill and victory over mental illness.” - Inscription on Mental Health Bell, MHA Headquarters, Alexandria, Virginia

On May 3, 1953, The Mental Health Bell rang in Mental Health Week as the first national fundraising drive of Mental Health America with a goal of raising \$5,000,000 for adequate care of the nation's 650,000 "mental patients." That same year, Mental Health Colorado (MHC) was founded as the Colorado Association for Mental Health and soon after was officially accepted as the 34th Division of Mental Health America.

In the 1950s, MHC worked closely with state leadership and community partners to educate the public about mental health reforms and advocating for legislative action to improve conditions in state mental health institutions. In 1957, fact sheets and MHC's first legislative newsletter explaining legislation and urging appropriate action were circulated. In 1959, MHC published the first *Guide to Mental Health Services in Colorado* with a listing of services available throughout the state.

Throughout the 1960s, Mental Health Colorado worked diligently to increase advocacy efforts, convene professionals to inform legislative action, and secure funding for additional supports and services. MHC was instrumental in securing the grounds and facilities for the Fort Logan Mental Health Center, Colorado's much-needed second state mental hospital. MHC also focused on workforce development to meet understaffing needs by partnering with the Western Interstate Commission for Higher Education (WICHE) to provide scholarships for students working in 7 Colorado institutions and by sponsoring a Careers Day Program inviting high school students to tour the wards at Colorado State Hospital (CSH), Pueblo. Colorado became a pioneer in providing junior-college-level courses, culminating in an Associate of Arts degree, for the training of basic mental health workers.

Reflecting on the evolution of mental health care in Colorado underscores the transformative power of advocacy. Mental Health America's initiative not only began liberating individuals from the chains of discrimination and inhumane treatment but also catalyzed a nationwide movement for compassionate care. Mental Health Colorado's founding exemplifies this commitment, bridging expertise and community leadership to promote mental well-being and drive legislative reform for the health of Coloradans across the lifespan.

Upcoming Community Events

May 1

- Event: Mindfulness Activity for Kids & Teens Hosted by Mental Health Partners
 - When: 3-5pm
 - Where: Lafayette Public Library (755 Baseline Rd, Lafayette, CO 80026)
-

- Cost: FREE

May 3

- Training: Adult Mental Health First Aid (MHFA) Hosted by Community Reach Center
- When: 9-5pm
- Where: Platte Valley Medical Center (1600 Prairie Center Parkway, Brighton, CO 80601)
- Cost: FREE

May 4

- Event: Voices for Mental Health: An Afternoon with 'Next to Normal'
- Hosted by Off Broadway Arts
- When: 12pm
- Where: Pine Street Church (1237 Pine St, Boulder CO 80302)
- Cost: FREE (\$ 15 donation suggested)

May 4

- Event: Castle Rock Paws for Prevention
- Hosted by AFSP & Paws for Prevention
- When: 11am-3pm
- Where: Burly Brewing Co. (680 Atchison Way #800, Castle Rock, CO)
- Cost: FREE

May 5

- Event: Emerge 5k Run
- Hosted by Mental Health Partners
- When: 10-11:30am
- Cost: \$10 (FREE for those who live or work in Broomfield and Boulder Counties)

May 6

- Training: Question, Persuade, Refer (QPR) for Suicide Prevention
- Hosted by Mental Health Partners
- When: 10-11:30am
- Where: Virtual/online
- Cost: \$10 (FREE for those who live or work in Broomfield and Boulder Counties)

May 6

- Training: Veteran Mental Health First Aid (MHFA)
- Hosted by Jefferson Center
- When: 8:30am-5pm
- Where: Wheat Ridge Recreation Center (4005 Kipling St, Wheat Ridge, CO 80033)
- Cost: FREE

May 7

- Training: Adult Mental Health First Aid (MHFA)
 - Hosted by WellPower
 - When: 9:30am-4pm
-

- Where: Virtual/online
- Cost: \$45

May 7-8

- Training: Applied Suicide Intervention Skills Training (ASIST)
- Hosted by Mental Health Partners
- When: 8:30am-4:30pm (both days)
- Where: Ryan Wellness Center (1000 Alpine Ave, Boulder, CO 80304)
- Cost: FREE

May 9

- Virtual group: Art Journaling
- Hosted by The Eating Disorder Foundation
- When: 6pm-7:30pm
- Where: Virtual
- Cost: FREE

May 10-11

- Group: Suicide Bereavement Support Group Training (Adult Focus)
- Hosted by American Foundations for Suicide Prevention
- When: 1pm-9pm
- Where: DoubleTree Denver Cherry Creek (455 S Colorado Blvd, Denver, CO 80246)
- Cost: \$150

May 11

- Event: 3rd Annual Parks, Rivers, Trails & Trees
- Hosted by Denver Park Trust
- 18 park cleanups across the city from 10:30am-12pm
- A family-friendly community celebration from 12:00 – 3:00 p.m. at the City Park Pavilion with food, drinks, games, music, and fun.
- FREE

May 11

- Event: NAMIWalks Colorado
- Hosted by NAMI Colorado
- When: 9am-12pm
- Where: Centennial Center Park (13050 E. Peakview Ave, Centennial, CO 80112)
- FREE

[CLICK HERE TO REGISTER](#)

CARE
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MONTHLY
DISPATCH

May Webinar



**Care and Custody:
Past Responses to Mental Health**

Historian Anne Parsons will speak about the new traveling exhibit Care and Custody, produced by the National Library of Medicine. The exhibit explores how we have worked to move away from custodial responses to people with mental health conditions and sought a more inclusive society.

Anne E. Parsons is Associate Professor of History at UNC Greensboro and the author of *From Asylum to Prison*.

Thursday May 23rd, 5:00 PM MT



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Vincent Atchity
President & CEO



During the 1970's, Mental Health Colorado was at the forefront of advocacy for comprehensive mental health services for Coloradans. MHC played a crucial role in the

passage of legislation in 1975, making mental health coverage mandatory in group insurance policies, ensuring wider access to vital services. Additionally, in 1976, MHC worked diligently to restore fundamental rights to individuals committed to state mental hospitals, advocating for legal rights and producing a handbook outlining patient rights.

Throughout the 1980s, Mental Health Colorado expanded its reach with innovative programs to support Colorado's youth and underserved populations. In 1981, MHC began an Early Intervention Program (EIP) to educate daycare providers, preschool and early elementary school teachers about emotional difficulties in children. In 1982, MHC established the TEANS (Teach Early Adolescents New Skills) program which taught 14,000 Denver area adolescents stress management techniques, guidance on how to handle peer pressure, and problem-solving skills.

In 1986, MHC developed its signature community program: the Pro Bono Counseling & Referral Program which operated for more than 30 years. This program recruited mental health professionals to provide free mental health services to homeless and low-income adults, children, and families. The first of its kind in the nation, the Pro Bono Counseling & Referral Program became a nationally recognized model program. In October 1989, the program was also selected from over 100 entries nationwide to receive an award from the 41st Institute of Hospital and Community Psychiatry of the American Psychiatric Association.

Donate now to support Mental Health Colorado's ongoing mission to promote the health and well-being of Coloradans across the lifespan!

[DONATE](#)

Upcoming Community Events

May 15

Event: Adult Coloring Night

Hosted by: First Draft Taproom & Kitchen

When: 4pm - close

Where: First Draft Taproom & Kitchen (1309 26th St. Denver, CO 80205)
FREE (walk-ins welcome)

May 15, May 22, & 29

Event: May Trauma-Informed Yoga Series

Hosted by: MESA (Moving to End Sexual Assault)

When: 4pm-4:45pm

Where: Virtually on Zoom or at The Heart-Centered Yoga Studio (1455 Dixon Avenue, Suite 210, Lafayette, CO 80026)

\$25

May 17

Training: Adult Mental Health First Aid

Hosted by: Mental Health Partners

When: 9am-4pm

Where: Good Samaritan Hospital (200 Exempla Circle Lafayette, CO 80026)

FREE

May 18

Event: Mental Health Awareness Walk

Hosted by: Pagosa Springs Students

When: 12:30pm

Where: Pagosa Springs Town Park (292 Hermosa St, Pagosa Springs, CO 81147-5897)

FREE (must register)

May 18

Event: Basics of Organic Gardening Class

Hosted by: Denver Urban Gardens (DUG)

When: 10am-12pm

Where: The Posner Center (1031 33rd St, Denver, CO)

Pay What You Can (suggested \$40)

May 18

Event: The Power of Your Voice- Safety Strategies for Trans & Nonbinary Communities

Hosted by: The Center on Colfax (1301 E. Colfax Ave., Denver, CO 80218)

When: 10am-12pm

Where: The Center on Colfax

FREE

May 19

Event: Beyond the Breath

Hosted by: Namasport Mental Health Studio

When: 3pm-4pm

Where: Namasport Mental Health Studio (2727 Bryant St #450 Denver, CO 80210)

\$20

May 23

Event: Lunch & Learn for Older Adults

Hosted by: Salida Regional Library

When: 11:45am-12:45pm

Where: Salid Library (405 E Street, Salida, CO 81201)

FREE

May 25

Event: Sensory Friendly Show - Frail Talk

Hosted by: Swallow Hill Music and Developmental Pathways

When: 11am-12pm

Where: Swallow Hill Music – Daniels Hall (71 E. Yale Avenue Denver, CO 80210)

FREE

May 31

Event: 4th Annual Grand Valley Yoga Fest

Hosted by: Grand Valley Yoga Fest

When: 11am-3pm

Where: Palisade, CO

FREE (100% of proceeds go to Mental Health and Suicide Awareness Programs)

May 31

Event: Broomfield Library Monthly Mindfulness Activity for Kids & Teens

Hosted by: Mental Health Partners

When: 2pm-5pm

Where: Broomfield Library (3 Community Park Road Broomfield, CO 80020)

FREE

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May Webinar



Care and Custody: Past Responses to Mental Health

Historian Anne Parsons will speak about the new traveling exhibit *Care and Custody*, produced by the National Library of Medicine. The exhibit explores how we have worked to move away from custodial responses to people with mental health conditions and sought a more inclusive society.

Anne E. Parsons is Associate Professor of History at UNC Greensboro and the author of *From Asylum to Prison*.

Thursday May 23rd, 5:00 PM MT

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RESOURCES

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 MENTAL HEALTH AWARENESS MONTH 

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Thank you for your support. We look forward to all we will continue accomplishing together this year and in years to come.



Vincent Atchity
President & CEO



Events in the 1990s and the first few years of the 21st century caused our state and our nation significant strain, stress, and grief. In 1999, MHC aided the community following the mass shooting at Columbine High School by helping to organize support groups, staffing call-in mental health help lines, and producing a booklet about the crisis for parents entitled, “A Partner for Parents: A Handbook for Healing,” in collaboration with the Jefferson Center for Mental Health. This booklet was distributed to more than 70,000 households in the area.

A major focus during this time was achieving equal health coverage of physical and mental health conditions – often referred to as “parity.” MHC spearheaded the Coalition for Mental Health in Health Care Reform, an umbrella group of 30 mental health organizations working to advocate for appropriate and adequate mental health care in state and national reform efforts. The Coalition represented all aspects of the mental health community and was instrumental in writing a position paper on the need for equal mental health benefits. One of its major victories came in 1997, when Governor Roy Romer signed HB 1192 into law. This law required insurance companies to cover six biologically based mental disorders, establishing partial or limited parity.

MHC has also been instrumental in creating several programs that are now independent entities. In 2006, The Triage Project began as a series of inter-agency and interdisciplinary discussions, convened and sponsored by MHC. Metro Crisis Services – now Rocky Mountain Crisis Partners – was designed to address the issue of ill-equipped and unprepared hospital emergency rooms being overrun with individuals dealing with a mental health or substance use condition.

By 2007, this collaborative effort led to a plan to develop a seven-county behavioral health crisis intervention system. This new system would include a 24/7, professionally staffed call center, along with a resource database and encounter-based Emergency Response plan to be shared among providers. It also included three walk-in centers for behavioral health crisis response.

Donate now to support Mental Health Colorado's ongoing mission to promote the health and well-being of Coloradans across the lifespan!

DONATE

Upcoming Community Events

May 20

Event: Colorful Minds - Mental Health & Adult Coloring

Hosted by: The Fox Den: No Waste Cafe & Roastery

When: 5:00pm-8:00pm

Where: The Fox Den: No Waste Cafe & Roastery (1680 Laporte Ave, Fort Collins, CO 80521)

\$30

May 21

Virtual Certification Course: Mental Health First Aid

Hosted by: National Council for Mental Wellbeing

When: 8:00am-2:30pm

Where: online

\$45

May 23

Fundraiser Event: Spring Party

Hosted by: Harm Reduction Action Center

When: 5:30pm

Where: Space Gallery (400 Santa Fe Dr, Denver, CO 80204)

\$40

May 23

Fundraiser Event: Recharge Your Recovery

Hosted by: MidTransitions

When: 5:00pm-6:00pm

Where: Tony's Waffles & Coffee (122 E 1st St, Salida, CO 81201)

\$10

May 25

Event: Mental Health Awareness Night

Hosted by: The Colorado Rapids

When: 7:30pm

Where: Dick's Sporting Goods Park (6000 Victory Way, Commerce City, CO 80022)

\$30

May 25

Event: Breathwork at the Greenhouse

Hosted by: Soulfulness Breath

When: 10:00am-11:30am

Where: The Greenhouse at Grow + Gather (900 E Hampden Ave, Englewood, CO 80113)

FREE (donation suggested)

May 25

Family Support Group: Coffee & Conversations

Hosted by: NAMI

When: 9:00am-11:00am

Where: Lamb Library (2525 S. Pueblo Blvd, Pueblo, CO 81005)

FREE

May 29

Meditation: Nervous System Reset / Community Stress Reduction

Hosted by: Room to Bloom Coaching

When: 6:00pm-7:00pm

Where: Salt Vault Wellness Center (30 S Sierra Madre St, Colorado Springs, CO 80903)

FREE (\$25 suggested donation)

May 31

Class: Women's Self Defense

Hosted by: Iron Roots Brazilian Jiu Jitsu

When: 6:30pm-7:30pm

Where: Iron Roots Brazilian Jiu Jitsu (1903 E Cache La Poudre St, Colorado Springs, CO 80903)

FREE

May 31

Event: Longmont Library Monthly Mindfulness Activity for Kids & Teens

Hosted by: Mental Health Partners

When: 3:00pm-4:30pm

Where: Longmont Library (409 4th Ave, Longmont, CO 80501)

FREE

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Dear {{Recipient.FirstName}},

Happy Flashback Friday! Across history, the discourse regarding mental health has evolved significantly, and yet there remains much ground to cover. Since our establishment, Mental Health Colorado has been at the forefront of mental health advocacy, striving to break down barriers, promote education and compassion, and provide support to those in need. **Read on to learn more about our efforts throughout the 2010's!**

Thank you for your dedicated support. We look forward to all we will continue accomplishing together this year and in years to come.

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Vincent Atchity
President & CEO



In the early 2010's, local and national events played a substantial role in Mental Health Colorado's enrichment and expansion of leadership. In 2011, MHC expanded the Pro Bono Counseling and Referral Program to Pueblo and Glenwood Springs, matching 47 individuals in rural Colorado with providers to receive free counseling.

After the July 2012 mass shooting in Aurora that claimed the lives of 12 individuals and injured many more, mental health issues were thrust into the spotlight here in Colorado. The following year, Governor John Hickenlooper signed a bill ([SB13-266](#)) to provide over \$20 million in new funding for the [Colorado Crisis Services](#) that still exist today to serve Coloradans. Nationally, the deadly shootings in Connecticut in December 2012 led President Obama to add several health initiatives to his agenda, including adding mental health first aid training to the *Affordable Care Act*, similar to MHC's Mental Health First Aid Program. Furthermore, MHC was closely involved in the creation of the Connect for Health Colorado health insurance marketplace which launched in October 2013.

MHC championed significant reforms in the 2010s, including: ending the practice of using jails for mental health holds with the passage of SB17-207, and strengthening mental health parity with HB19-1269, which improved consumer protections and early intervention measures. Additionally, HB19-1044 established psychiatric advance directives, allowing individuals to specify their preferred treatment methods during mental health crises. These efforts have collectively transformed the behavioral health landscape in Colorado, emphasizing consumer protection and comprehensive crisis response systems.

In 2016, Mental Health Colorado established the Brain Wave- our statewide network of grassroots advocates. Now with over 1,500 advocates and growing, Brain Wave members play a critical role in promoting healthier minds across the lifespan and help illustrate existing barriers people with lived experience continue

to face. Members often share their experience with the media, with community and agency partners, and with lawmakers during committee hearings.

Donate now to support Mental Health Colorado's ongoing mission to promote the health and well-being of Coloradans across the lifespan!

DONATE

Upcoming Community Events

May 25

- Event: Mental Health Awareness Night / CO Rapids Game
- Hosted by: The Colorado Rapids
- When: 7:30pm
- Where: Dick's Sporting Goods Park (6000 Victory Way, Commerce City, CO 80022)
- \$22

May 25

- Event: Mental Health Mindful Walk
- Hosted by: Fruits for Life Coaching
- When: 10:00am-12:00pm
- Where: Washington Park (701 South Franklin Street Denver, CO 80209)
- FREE

May 26

- Event: Qigong and Meditation
- Hosted by: Judy Thurman
- When: 9:00am-10:30am
- Where: Observatory Park (2930 East Iliff Avenue Denver, CO 80210)
- \$12

May 29

- BIPOC Speaker Series: Perspectives on Psychedelics in Colorado
 - Hosted by: BIPOC Psychedelic + CU Denver Anthropology Dept
 - When: 7:00pm-8:30pm
 - Where: Ant Life (2150 Market Street Denver, CO 80205)
-

- FREE

May 30

- Course: Primeros Auxilios de Salud Mental
- Hosted by: Jefferson Center
- When: 9:00am-4:30pm
- Where: Virtual
- FREE

May 30

- Yoga Class: Backline Fundraiser
- Hosted by: Yogi Colorado
- When: 4:30pm-5:30pm
- Where: Yogi Colorado (15200 East Girard Avenue, #2700 Aurora, CO 80014)
- Suggested Donation

May 30

- Weekly Session: AcuDetox
- Hosted by: Mental Health Partners
- When: 3:30pm-4:30pm
- Where: Heart-centered Yoga (1455 Dixon Avenue #suite 210 Lafayette, CO 80026)
- \$10

May 31

- Event: Mindfulness Activity for Kids & Teens
- Hosted by: Mental Health Partners
- When: 3:00pm-4:30pm
- Where: Longmont Library (409 4th Ave, Longmont, CO 80501)
- FREE

May 31

- Event: Community Well-Being Resource Fair
- Hosted by: Commerce City
- When: 3:00pm-4:30pm
- Where: Our Lady Mother of the Church (6690 E. 72nd Ave., Commerce City, Colorado 80022)
- FREE

Join Healing Advocacy Fund at the Aspen Psychedelic Symposium on May 31 and June 1!



As we reflect on the state of mental health in Colorado this month, we believe that hope is on the horizon for Coloradans who are struggling. A growing body of clinical research shows that psilocybin therapy can be a safe and effective treatment option for conditions like depression, anxiety, and addiction. Next year, with the launch of Colorado's regulated psilocybin therapy program, adults across the state will have access to this promising modality to support mental health and wellbeing.

Earlier this year, Mental Health Colorado was pleased to partner with the Healing Advocacy Fund on a [4-part webinar series](#) to educate providers about the research-backed therapeutic potential of natural medicines. This month, Healing Advocacy Fund is co-hosting the second annual [Aspen Psychedelic Symposium](#).

This two-day gathering, taking place on Friday, May 31, and Saturday, June 1, in Aspen, Colorado will showcase expert panels, groundbreaking research, and firsthand insights into the transformative world of psychedelic medicines as Colorado opens new pathways to healing – featuring a lineup of 30 distinguished speakers, with keynote talks by Rick Doblin, PhD, Namae Ntumae, and Gül Dölen, MD, PhD. [Learn more](#)

Symposium Passes are available now on [aspenshowtix.com](https://www.aspenshowtix.com). They are \$100 per person for the full, two-day event, with single-day passes available for \$60 each, as organizers aim to provide affordable access to this important conversation.

RESOURCES

May 2024



Dear {{Recipient.FirstName}},

Happy Flashback Friday and final day of Mental Health Awareness

Month! Since our establishment, Mental Health Colorado has been at the forefront of mental health advocacy, striving to break down barriers, promote education and compassion, and provide support to those in need. Read on to learn more about our work in recent years.

Thank you for your steadfast support. We look forward to all we will continue accomplishing together this year and in years to come.

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Vincent Atchity
President & CEO

MENTAL HEALTH AWARENESS MONTH

2024

**ACROSS THE LIFESPAN:
THE PRESENT**

Over the past seventy years, Mental Health Colorado has made significant progress in promoting health and well-being across the state, yet challenges remain. Despite these advancements, jails and prisons continue to be the de facto mental health centers in our state; Coloradans experience some of the highest rates of mental health conditions in the nation with the least access to care; and overdose rates are at an all-time high.

With your continuing support, we can improve the lives of the hundreds of thousands of people in our state who are managing a mental health and/or substance use condition by passing laws, changing practices, and building a movement to create healthier minds across the lifespan for all Coloradans.

In recent years, with the help of supporters like YOU, we have had some of the most significant achievements in our history. In 2021, Mental Health Colorado helped establish 988- a 24/7, statewide crisis response hotline, opening the door for more people throughout Colorado to access resources in a mental health emergency. In 2022, we supported the establishment of the Behavioral Health Administration (BHA) to create a coordinated, cohesive, and effective behavioral health system in Colorado to meet the needs of even the most vulnerable Coloradans. We have helped pass significant measures to increase protections for Coloradans involved in the criminal justice system, ensuring these individuals are treated with dignity and given a fair chance at recovery and rehabilitation.

Our national initiative, Care Not Cuffs, focuses on educating the public and fostering professional collaboration to disentangle mental health and criminal justice. Within this initiative, our SAFER Opportunities program offers shelter and comprehensive services from a dedicated care team to these high-needs, at-risk individuals with tremendous success- nearly 80% of our residents leave the program into employment and stable housing or are re-united with family, and we're proud to say we've seen zero overdose deaths among our residents thanks to our harm reduction model.

We have amplified our impact in recent years through collaborations with the Governor's Office, state agencies, and partner organizations including The David and Laura Merage Foundation, Rocky Mountain Health Partners, Colorado Community Health Alliance, Kroenke Sports Entertainment (KSE), iHeartMedia, Healing Advocacy Fund, Alpine Bank, ED Cares, Mortenson, University of Denver, Colorado Coalition for the Homeless, American Foundation for Suicide Prevention

(AFSP), University of Denver, Delta Dental, Children's Hospital and many more.

We have expanded our capacity as an administrative hub, providing support to essential allies including the Wounded Healers Project, Colorado Fines Committee, and the School-Based Mental Health Counselors Community of Practice. And, most recently, we have acquired Envision:You to enhance supportive programming for the LGBTQ+ community throughout our state.

As we approach the end of Mental Health Awareness month, we want to celebrate these victories while bolstering our ongoing efforts. We can't thank you enough for supporting us along the way and believing in our shared mission and we want you to know that your donations make a real difference, and every dollar counts! Donate now to help ensure our most vulnerable communities access the care they deserve. **Together, we will continue being a voice for healthier minds across the lifespan for all Coloradans.**

Donate now to support Mental Health Colorado's ongoing mission to promote the health and well-being of Coloradans across the lifespan!

DONATE

TAKE ACTION: FCC Proposes Rules to Promote Access to 988 Lifeline

Since its launch in July 2022, the 988 Lifeline has handled over 9.5 million contacts. Over 80 percent of 988 calls come from mobile phones, but they are routed based on the caller's area code rather than physical location. Implementing georouting will connect callers to the nearest crisis center, providing immediate and localized support.

Help us support the Federal Communication Commission's work to strengthen and improve the 988 Lifeline by visiting <https://www.fcc.gov/ecfs/filings/express>.

Under "Proceedings" enter 18-336.

In the “Brief Comments” section, let them know why connecting people with this life-saving service is important to you.

Join Envision:You at the Denver Botanic Gardens on June 1st!

Envision:You’s annual Garden Party brings together LGBTQ+ community members and allies, and showcases individuals and organizations that have dedicated themselves to improving behavioral health outcomes for LGBTQ+ Coloradans.

Join us for an incredible evening at the beautiful Denver Botanic Gardens surrounded by flowers, friends and community.

[CLICK HERE TO GET TICKETS](#)



Join Us at LGBTQ+ Pride Fest 6/22 & 6/23!

[CLICK HERE TO SIGN UP AS A VOLUNTEER](#)

For Pride month this year, we are teaming up with the Colorado Rockies to raise funds and awareness for LGBTQ+ health. Beginning Monday, June 3rd, you can enter to win a 4-pack of box seats at a Rockies 2024 season game for just \$25!

Visit our website Monday to enter the drawing and support our initiatives to pass laws, change practices, and build a movement to promote healthier minds across the lifespan for ALL Coloradans!

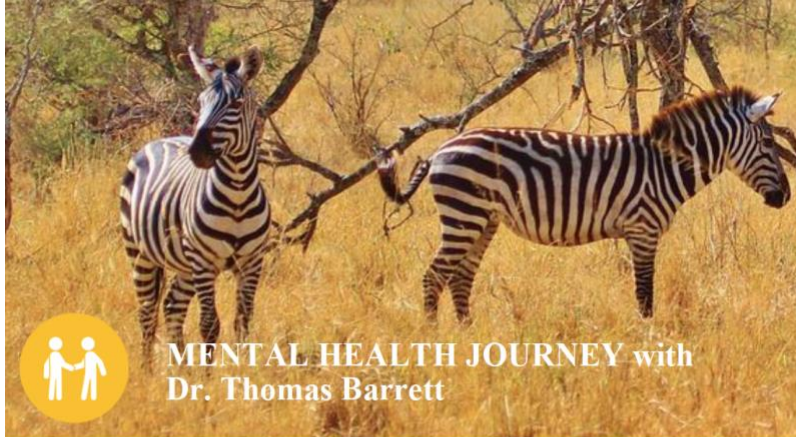


Mental Health Journey to Tanzania with Dr. Thomas (Tom) Barrett

[CLICK HERE TO LEARN MORE](#)

Join Dr. Barrett to explore Tanzania, a region steeped in history, diversity and local traditions. This is unique itinerary that combines professional engagement with cultural immersion. Learn about mental health and integrated healthcare programs across the region while spending time with faculty and staff at various associations, clinics and hospitals.

Tanzania is rich in cultural diversity, with over 120 ethnic groups, each contributing unique traditions, art, and cuisine to the tapestry of the country. You'll have an opportunity to experience the warm hospitality of the local people and learn about their deep rooted cultural heritage, much of which continues in tribal life today.



The compelling beauty of Tanzania beckons travelers from around the world. More than 132 distinct ethnic groups peacefully coexist in this diverse East African country that has remained an oasis from the political upheaval of neighboring countries. Tanzania is home to stunning Mount Kilimanjaro and Mount Meru, as well as 14 national parks, including Serengeti National Park.

Program Highlights

- 7 night / 10-day journey through Tanzania
- We will request **7.0 CE** through The University of Denver, Graduate School of Professional Psychology (GSPP) for approval by the American Psychological Association who sponsor continuing education for psychologists. GSPP maintains responsibility for this program and its content.
- **An optional 3-night Serengeti extension** will be available to extend your time to see the wildebeest during calving season. This includes a stop at the *Olduvai Gorge Museum*.

RESOURCES