



# Boulder County

## Mission Statement

To provide support, education and advocacy for individuals and families impacted by mental illness, by which we will reduce stigma, instill hope, and generate change.

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If you are interested in becoming a board member of NAMI Boulder County, please contact us at 303-443-4591.

## President's Corner



Well, 2019 is certainly off to a running, yet productive start. Three blinks and it's nearly March already. As I try to put words together to write this quarter's update, I find myself challenged to capture everything and everyone that deserves to be mentioned. Highlights of this quarterly update include:

The Advocacy Committee re-activated in early November and has been meeting at least twice per month to stay abreast of bills introduced during this legislative session and creating a call to action to our elected leaders to address the lack of access to mental health services that exists in Colorado. Led by Phoebe Norton, the committee has had as many as 10 people attend and as you will read further down in the newsletter, they are engaged and getting involved. With a new governor and many new members of the state legislature, there are several important bills working through committees and the chambers to address critical mental health needs. If you are moved to get involved, please reach out to us and attend one of the committee meetings.

Support groups continue to meet weekly at Immaculate Conception Church and we will soon be adding groups in Longmont. We are limited in how quickly we can add even more groups by the number of trained facilitators. Please contact Helen Todd if you are interested in becoming a facilitator.

We had more than 70 people attend our recent Education Night that featured Michael Pipich, author of Owning Bipolar. It was a fantastic talk and discussion. Stay tuned for future events in March and April.

In addition to facilitators, we are asking for volunteer help for the NAMIWalks event on Saturday, May 18 in Centennial Park in Denver. If there is a NAMI member who has a burning desire to help lead our efforts to recruit walkers and/or coordinate fundraising efforts, we welcome you to help us. Please reach out to me if you have this calling.

Finally, I want to express my personal thanks and appreciation to Trish Manthey who resigned as our Office Manager in January. Many of you enjoyed the personal touch that Trish added to the membership letters over the past several years have witnessed the grace and professionalism with which she helped NAMI Boulder County. Trish will be missed and we are grateful for everything she has done for us.

John Stringfellow, President, NAMI Boulder County

## NAMI Education Nights - Save the dates!

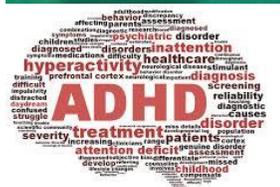
Hosted by NAMI and Immaculate Conception Church, 715 Cabrini Dr., Lafayette



### Ending the Silence

Wednesday, March 13<sup>th</sup> at 7:00-8:30 pm

Join us in an evening presentation for adults with middle school or high school aged youth that includes warning signs, facts and statistics, how to talk to your child and how to work with school staff. Presented by Mitch Kusick



### Understanding ADHD - What is it and what can you do about it?

Wednesday, April 3<sup>rd</sup> at 7:00-8:30 pm

Presentation by Joe Castellano of Neurooptimize. State of the art - don't miss it!

## A Note from Our Program Director, Helen Todd



Hello wonderful NAMI people! Yes, you are wonderful. You are giving of yourselves, your time and energy, to bring hope to those faced with mental illness. I am grateful to each of you; NAMI members and friends, volunteers which include a host of people: Connections Facilitators, Family Support Group Facilitators, Family-to-Family and Basics Education Teachers, our amazing Advocacy Committee, and so many others. You each deserve so much more than the single rose with which we joyfully honored each of you at our Volunteer Appreciation Dinner on January 25. Thank you so very much for your continued dedication to NAMI.

We are looking forward to our 1st Volunteer Night on March 6<sup>th</sup>, and don't miss our Ending the Silence program on March 13<sup>th</sup>. See above. All are welcome! Bring a friend or two.

This past year, we have been building relationships with other organizations whose goals are to advance the cause of mental health in our community. I wish to thank these partners for their support of NAMI Boulder: Mental Health Partners, Hope Coalition, Naropa University's Community Counseling, Interfaith Network on Mental Illness (INMI), Supporting Action for Mental Health Longmont (SAM), Parent Engagement Network (PEN), and especially Immaculate Conception Church's Mental Health Committee who partner with us in providing Wednesday night Support Groups and other events at their location in Lafayette. As we serve Boulder and Broomfield counties, Lafayette is an ideal meeting place in the center of it all. Of course, we would like to have support groups in each city, so we are starting by expanding to Longmont in March and then hope to have NAMI Support Groups directly in Boulder and Broomfield. This requires more volunteers! If you would like to become a Support Group Facilitator, please contact me.

We are grateful to Fire Station #5 in Longmont which is providing space for a new Family Support Group. The first meeting will be on March 4<sup>th</sup>, 7:00-8:15p, and will continue on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of each month. If you are a family member or loved one of someone with mental illness, please join us! Fire Station #5 is at 617 Barberry Drive in Longmont – see you there!

NAMI Education is strong and classes are taking place now. We currently have over 40 people taking Family-to-Family or Basics classes. These classes are life-changing, helping family members learn how to support their loved one with mental illness while maintaining their own well-being. Next session will be held in the Fall.

Questions, concerns, suggestions? Call me at 720.543.2711. I would love to hear from you!  
Helen Todd, Vice-President and Programs Director - htodd@namibouldercounty.org

## Call to Action!

By Phoebe Norton, NAMI Boulder County Advocacy Committee

You may have heard about the recent freeze on all new admissions for patients not involved in the criminal justice system, and the subsequent lift on that freeze in part thanks to the NAMI Boulder County Advocacy Committee. This is great news, but only a small step in the right direction. Colorado is facing a continuing CRISIS concerning the lack of access to mental health services for youth and adults with serious mental illness, and we need you to reach out to your local representatives to let them know what you think.

**Please copy and paste the template letter below and email or mail it to your representative.**

You can find your local representative's contact information at <https://leg.colorado.gov/find-my-legislator>.

Dear (legislator's name),

Colorado is facing a continuing CRISIS concerning the lack of access to mental health services for youths and adults with serious mental illness.

In 2011 Mental Health America ranked Colorado 17th among the states, but currently ranks Colorado 43rd. This indicates that access to mental health services in Colorado has deteriorated significantly over the last eight years.

Colorado has two public state-run mental health hospitals, one in Pueblo which has beds primarily for persons involved in the criminal justice system (Forensic Beds) and one at Ft. Logan south of Denver, which has only beds for those not involved in the criminal justice system (Civil Beds). While the Colorado's population has increased from 3.83 million in 1995 to over 5.76 million in 2019, more than 200 state-run hospital beds have been closed since 1995.

In addition to the great need for more civil psychiatric beds for people not in the criminal justice system, Colorado also has a dire need for more forensic beds so that adults with serious mental illness do not have to wait in jails for a psychiatric evaluation.

We need more civil psychiatric beds AND more forensic psychiatric beds! **Please support the Department of Human Services Budget Request for expansions for the Mental Health Institute at Pueblo (42 beds) and for the Mental Health Institute at Fort Logan (44 beds)** to begin to address these well documented needs.

We also desperately need more intensive, community-based services and community-based residential treatment. Successful treatment of serious mental illness often requires a continuum of care from psychiatric evaluation, medications, crisis services, outpatient services, social/vocational services, supported housing, residential treatment and sometimes hospitalization.

We frequently hear accounts from our families in the National Alliance on Mental Illness, about the difficulty securing appropriate psychiatric services from over-burdened community mental health centers. These intensive community treatment programs and state-run hospital services are very important in helping people with a mental health diagnosis stay out of the criminal justice system in the first place.

Our own family (relate your story here briefly)

Sincerely,  
(insert your name and city)

## Thank You to Trish Manthey!

Many of you have had the pleasure of knowing Trish, our wonderful Office Manager of almost seven years. Trish will be moving on to new interests, and we want to send her off with a sincere thank you for her years of service. Trish's tireless work and incredible heart have made a significant impact on our organization, and her care has been felt by everyone involved with NAMI Boulder County. Her warmth and kindness will be missed, and we wish her the best of luck in her new endeavors.



**Thank you, Trish!**

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## Planning for Boulder's New Alternative Sentencing Facility

By Judy Amabile, NAMI Boulder County Advocacy Committee

On January 29, 2019, the NAMI Boulder County Advocacy Committee met with Boulder County officials to discuss plans for the new alternative sentencing facility for the current jail. We met with Sheriff Joe Pelle, District Attorney Michael Dougherty, Commissioner Deb Gardner and policy analyst Summer Laws.

The most relevant news is that the Boulder Jail is going to receive state funding to create a RISE Unit within the jail. This unit will have 18 beds dedicated to restoring competency to stand trial. They will administer acute treatment in a hospital like setting. This funding is available now and the RISE unit will be created within the existing jail.

The new alternative sentencing facility is in the planning stage. This facility will house low-level offenders who qualify for work release. Mentally ill inmates will potentially be housed in this new facility if they meet the other qualifications for the alternative sentencing facilities. They may have some group treatment in this building.

Several diversion programs have been implemented or are being implemented. Pre-filing diversion will allow low-level offenders with mental illnesses to be diverted before being charged with a crime. Offenders will be assigned a caseworker and directed to outpatient care. There is also post-filing diversion. This begins after criminal charges are filed, but allows for no jail time and no record, if the diversion conditions are met. Citizens are allowed to attend the Mental Health Diversion Working Group meetings to be held on Monday mornings. Michael Dougherty will provide the meeting schedule. There are problems finding providers for the diversion programs, but these are being addressed.

The DA's office is also working on automating the process of sealing arrest records. In the meantime, anyone interested in having a record sealed is welcome to reach out to the DA's office for help.

## NAMI Volunteer Night!

**Wednesday, March 6<sup>th</sup> at 5:30-6:30 pm**

Join us for a fun and informative evening for everyone who is interested in volunteering with NAMI Boulder County. 715 Cabrini Dr., Lafayette. All are welcome and there will be free pizza!

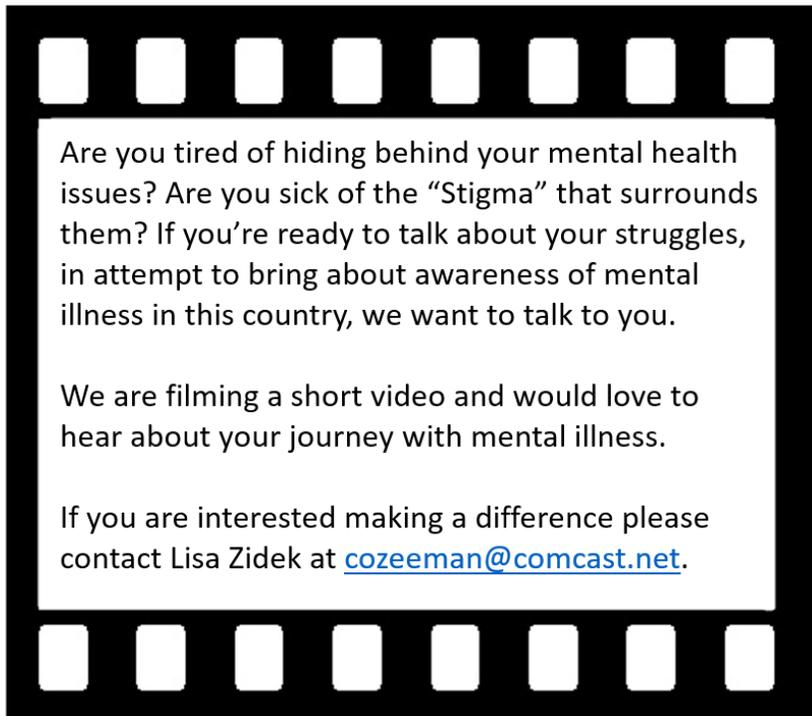


Be sure to select Team NAMI Boulder County

## It's time to register for NAMI Walks Colorado!

NAMI Walks is NAMI's largest mental health awareness and fundraising event in the nation. May 18, 2019 at 10:00 am at Centennial Central Park, Centennial.

Register now at [www.namiwalks.org](http://www.namiwalks.org) and you'll start receiving Walk Updates and have more time to spread the word to family and friends. Get a head start on reaching the fundraising goal you set! Register now!



## New Resource Pages on Our Website

We are continuing to add resources and information to our website, <https://namibouldercounty.org/>. New and updated information includes:

- Boulder County Mental Health Resources
- Support, Education, and Advocacy Information for Mental Illnesses
- NAMI Boulder County and Community Mental Health Events Calendar
- Volunteer Information

Many thanks to Anna Kim and Jen Sato, our amazing Communication Volunteers! Want to help? Contact us.

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## Upcoming Community Events

### BVSD Health Services Presents: The Science of Teen Sleep.

Monday, March 11, 2019, 6:30 pm. Boulder Valley School District Health Services is proud to announce an upcoming presentation from Summit Behavioral Sleep Medicine, featuring Vyga Kaufmann, PhD and Nathalie Whiteford PhD, licensed clinical psychologists specializing in cognitive behavioral approaches in the treatment of sleep issues. This event will be held at Meadows Branch Library (4800 Baseline Road, Boulder, CO) and is free to the public.

**Mental Health Partners: Be 1 of 4098.** Suicide prevention trainings that empower communities by providing valuable information that is easy-to-understand and convenient to access. Sign up at [www.mhpcolorado.org/training](http://www.mhpcolorado.org/training).

**Naropa Community Counseling** holds a **Suicide Survivors Support** group on Mondays, 5:30-7:00pm, 3400 Table Mesa, Boulder. They also hold a **Mindfulness Drop-In Group** at the same location on Thursdays 4:30-5:30pm. Learn the basics of meditation. Questions? Call 303.546.3589

**Youth Mental Health First Aid.** This course teaches participants the risk factors and warning signs of a variety of mental health challenges that are common among adolescents and young adults. Find more information and sign up at <http://www.mhfacolorado.org/findclass>.

**Adult Mental Health First Aid.** Essential first aid training for anyone age 18 and older who wants to learn how to help a person who may be experiencing a mental health related crisis or challenge. Available in English and Spanish. Find more information and sign up at <https://www.longmontcolorado.gov/departments/departments-a-d/community-services-department/supporting-action-for-mental-health/mental-health-first-aid>.



**1 in 5** Americans live with a mental health condition. **Your support** can make a difference.

[DONATE TODAY](#)

**IMPORTANT INFORMATION:** Support Groups and Education Programs sponsored by NAMI are free of charge to the participants. Your NAMI membership and donations support these programs. Thank you for making a difference in the lives of families affected by mental illness. [Donate now. Thank you!](#)

## NAMI Support Groups

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and get the support you need. The groups are led by NAMI-trained facilitators who are your peers. They get it, they've been there. You are not alone and there is hope!

**Lafayette Family, Basics, and Connections Support Groups** meet every Wednesday, 7:00–8:15 pm at 715 Cabrini Drive in Lafayette.

**Longmont Family Support Group** meets every 1st and 3rd Monday, 7:00-8:15 pm at Fire Station #5 Community Room, 617 Barberry Drive (west entrance) in Longmont.  
Questions? Call or text 720-543-2711.



NAMI Family Support Group is for family members, caregivers and loved ones of individuals living with mental illness. You'll benefit through other's experiences and discover your inner strength. FREE!

[Family Support Video](#)



NAMI Connection is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others. Recovery is a journey, and there is hope!

[Connections Video](#)

## NAMI Education Programs

Basics and Family-to-Family education programs are taught by NAMI-trained facilitators with lived experience. They know what you are going through because they have been there. Classes include presentations, discussion and interactive exercises. These programs provide critical information and strategies for taking care of the person you love while taking care of yourself, managing crises, handling stress, communicating effectively, learning about mental illnesses and medications, and much more. You'll come to discover that you are not alone. Email [htodd@namibouldercounty.org](mailto:htodd@namibouldercounty.org) to register.



NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. You will experience compassion from people who understand your situation. This program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. Watch the Family-to-Family video at [www.nami.org/f2f](http://www.nami.org/f2f)



NAMI Basics is a free, 6-week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or have already been diagnosed. You'll learn the facts about mental health conditions and how best to support your child at home, at school and when they're getting medical care. Watch the Basics video at [www.nami.org/basics](http://www.nami.org/basics)



## Join the National Alliance on Mental Illness (NAMI)

Your dues include membership in NAMI National, NAMI Colorado and NAMI Boulder County. You will receive NAMI newsletters and invitations to members-only events. You can join online at [www.namibouldercounty.org](http://www.namibouldercounty.org) or mail in the form below with a check.

- \$40 per year individual or \$60 per year family membership
- \$5 per year for people with a limited income
- I want to support NAMI Boulder County with a tax-deductible gift of \$\_\_\_\_\_

• *Does your employer have a matching gifts program?*

Your membership dues and gifts will help provide support, education and advocacy for Boulder County Individuals and families who are coping with serious mental illness.

I am interested in:

- Learning about volunteer opportunities, either ongoing or one-time only
- Arranging for speaker or presentations on mental illness for my club, church, work, or other group
- Helping with advocacy efforts by writing letters/making phone calls to my elected representatives

**Name** \_\_\_\_\_ **Email Address** \_\_\_\_\_

**Street Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Home phone** \_\_\_\_\_ **Alternate phone** \_\_\_\_\_

Mail this form with your check to: NAMI Boulder County, 3470 Broadway St., Boulder, CO 80304

## NAMI Support Groups in Boulder County

### NAMI Family Support Group

Free drop-in support for family and friends of individuals living with a mental illness.

**Lafayette** - Wednesdays 7:00-8:15 pm  
715 Cabrini Drive (Immaculate Conception)  
2 groups: Parents of children/teens,  
Family & Friends of adults

**Longmont** - 1<sup>st</sup> and 3<sup>rd</sup> Mondays  
617 Barberry Drive (Firestation #5).  
720.543.2711 [htodd@namibouldercounty.org](mailto:htodd@namibouldercounty.org)

### NAMI Connections Recovery Support Group

Free drop-in support for adults living with mental illness. Provides a place for respect, understanding, encouragement, and hope.

**Lafayette** - Wednesdays 7:00-8:15 pm  
715 Cabrini Drive (Immaculate Conception)  
720.543.2711 [htodd@namibouldercounty.org](mailto:htodd@namibouldercounty.org)

## Community Support Groups in Boulder County

### **The Sutherland Bipolar Center**

The Sutherland Seminar Series offers 8 drop-in seminars on Bipolar Disorder, open to anyone in the community. Audio downloads available!  
303.492.5680 [info@rdsfoundation.org](mailto:info@rdsfoundation.org)

### **Depression and Bipolar Support Alliance DBSA Longspeak**

Wednesdays 6:00-8:00 pm Longmont Perkins,  
2051 N. Main St., except 2nd Wednesdays in  
Firestone at Carbon Valley Library, 7 Park Ave.  
303.810.9626 [dbsalongspeak@gmail.com](mailto:dbsalongspeak@gmail.com)

### **DBSA Boulder & Broomfield**

**Boulder** - Sundays 6:00-7:30 pm, 2855  
Folsom St. (Unity Church). Friends/family  
welcome on 2<sup>nd</sup> and 4<sup>th</sup> Sundays.

**Broomfield** - Thursdays 6:30-8:00 pm  
825 Kohl St. (United Church of Christ).  
Friends/family welcome on 4<sup>th</sup> Thursdays.  
720.443.2849 or [boulderdbsa@gmail.com](mailto:boulderdbsa@gmail.com)

### **Spiritual Support Group**

#### **Mental Health and Wellness**

2<sup>nd</sup> and 4<sup>th</sup> Mondays 7:00-8:30 pm  
1128 Pine St, Boulder (First Congregational)  
For persons in recovery and family members.  
720-839-4139 [anne.weiher@gmail.com](mailto:anne.weiher@gmail.com).

### **Mindfulness Group**

Thursdays 4:30-5:30 pm.  
3400 Table Mesa, Boulder (Naropa)  
Learn the basics of meditation and practice  
developing awareness.  
303.546.3589 [counselingclinic@naropa.edu](mailto:counselingclinic@naropa.edu)

### **Boulder Suicide Survivors Support**

Mondays, 5:30-7:00 pm  
3400 Table Mesa, Boulder (Naropa)  
303.546.3589 [counselingclinic@naropa.edu](mailto:counselingclinic@naropa.edu)

### **Longmont Suicide Survivors Support**

1st and 3rd Wednesdays, 5:30- 7:30 pm.  
910 Longs Peak Ave (Longmont Senior Center)  
For family and friends of someone who has  
died from suicide. 970.978.6802

### **Boulder Adult OCD Support Group**

1<sup>st</sup> and 3<sup>rd</sup> Mondays, 7:00-9:00 pm  
1651 Broadway (Alfalfa's Community Room)  
Support for people with OCD, their families and  
friends. 303.422.9704

### **Teen OCD Support Group**

1st Wednesdays 6:00-8:00 pm.  
For teens with OCD ages 12-19.  
303.815.8076 [lilyangelina44@gmail.com](mailto:lilyangelina44@gmail.com).

### **Shift 12-step program**

Friday nights 7:00pm  
355 W South Boulder Road, Lafayette  
Flatirons Community Church  
[flatironschurch.com/care](http://flatironschurch.com/care)

### **Soft Voices**

Tuesday-Friday afternoons, 1:00-3:00 pm  
501 Fifth Ave, Longmont.  
Drop-In Art Center promotes recovery for those  
with mental health issues.  
303.776.0410