



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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Winter is coming! And though plenty of us enjoy the festive lights and glittering snow, winter is most definitely a challenging time for so many of those who face mental health challenges -- and even some who don't. We included some self-care tips and advice later on in this newsletter to help you take care of yourself, so be sure to check them out!

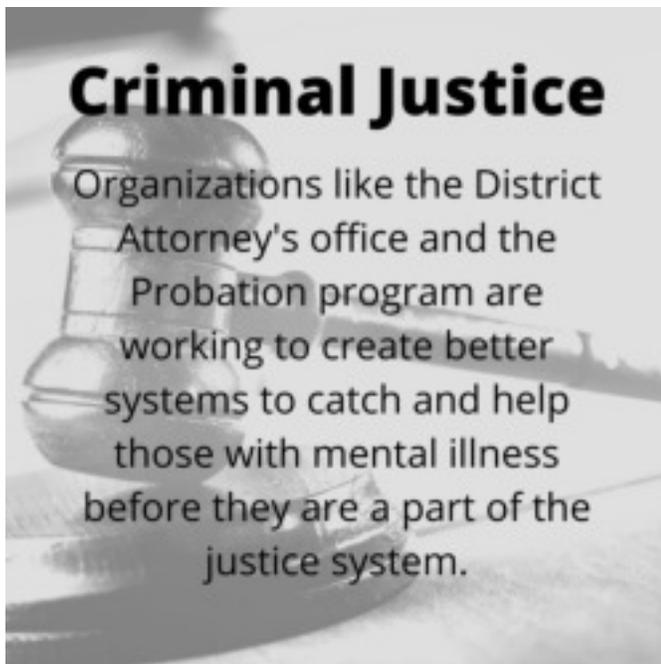
We also encourage you to explore the many recent and upcoming events organized and hosted by, or affiliated to, NAMI. Among the conferences and presentations described in this newsletter are several Community Conversations in Mental Health Partners conferences, NAMI's Family and Friends presentations, and more! In addition, you can find here some information on recent ballot initiatives and what they mean for the mental health communities.

We would also like to invite you all to join NAMI now! We want to show the world that mental health is an important issue that needs progress and change, and that there is a great population fighting for progress -- and that all those struggling and in need are not alone. By joining NAMI you can have the great opportunity to be a part of the largest grassroots mental health organization dedicated to bettering and helping the millions of Americans affected by mental illness. Please join today by using the form in this newsletter or online at www.nami.org! Thank you, and we look forward to having you be a part of our community!

We would also like to remind everyone that if you or a loved one needs help in an emergency, please call Colorado Crisis Services at 1-844-493-8255 for free, 24/7 support. Always remember that you are not alone!

Community Conversations in Mental Health Partners

Coronavirus has presented many challenges to everyone in the world and many organizations, schools, and companies have been forced to work at a distance -- but that certainly did not stop our allies here at NAMI from hosting conversations to discuss the intersection of mental illness with a number of organizations around Boulder County. NAMI hosted four virtual conferences with a number of groups discussing how mental illness is treated and addressed in their field. Listed here are four of such conferences: One on mental illness in the criminal justice system, one on mental illness in the education system, one on mental illness in business and commerce, and one on mental illness in relation to social justice and equity. A link to each conference can be found below.



Criminal Justice: <https://youtu.be/8M6Sdl1jng>

Education: https://youtu.be/zksc1_sEpuE

Social Justice and Equity: <https://youtu.be/xxvMxKKaYFI>

Business and Commerce: https://youtu.be/wAl5bmS_GPw

Bills and Propositions

A few recent propositions were put to a vote recently that have significant impacts on those who face struggles with mental health, and though it is too late to vote on them, it is worth being educated on the content of these pieces of legislature and how they affect our community. Below is a summary of the two focal bills, with an explanation of their impact, as well as a link to where you can find more information on them.

Proposition 118: Paid Medical and Family Leave Initiative (Passed)

This proposition implemented a tax for employers and employees (50% each) that enables and requires companies to offer 12 weeks of medical leave a year (16 weeks for pregnancy and birth complications), and enforces prohibitions on discrimination against those who take these leaves. This means that employees pay an extra tax on their salary, but anyone who needs medical leave -- including those with mental illness -- are permitted up to 12 weeks.

Find more information here:

[https://ballotpedia.org/Colorado Proposition 118, Paid Medical and Family Leave Initiative \(2020\)](https://ballotpedia.org/Colorado_Proposition_118,_Paid_Medical_and_Family_Leave_Initiative_(2020))

Proposition 116: Decrease Income Tax (Passed)

This proposition reduced income tax from 4.63% of the federal tax rate for individuals to 4.55%. Though this lowers tax rates some, it does not lower them significantly enough to aid those who are struggling with income, and it takes away from funding to programs such as those to support mental health.

Find out more here:

[https://ballotpedia.org/Colorado Proposition 116, Decrease Income Tax Rate from 4.63%25 to 4.55%25 Initiative \(2020\)](https://ballotpedia.org/Colorado_Proposition_116,_Decrease_Income_Tax_Rate_from_4.63%25_to_4.55%25_Initiative_(2020))



In these troubling times we have dealt with COVID-19, wildfires, and more. There is a group of people who have been fighting to keep us safe and well through all these times -- and we should thank these First Responders greatly. But, as with all jobs of great proportion, comes stress of great proportions. Many first responders are undergoing incredible amounts of stress, and we must be aware of their struggles. As such, NAMI has created a First Responders initiative, where first responders can reach out and get the help they need through counseling, groups, and emergency lines. If you know a first responder, thank them and give them this link so that they, too, may get the help they so desperately need.

<https://nami.org/Your-Journey/Frontline-Professionals>

NAMI In Our Own Voice

Have you ever wondered what it's like to face mental illness head-on? If you don't have mental illness yourself, you may have wanted to hear first-hand what it's like to experience depression, anxiety, schizophrenia, or more. In Our Own Voice is a program where individuals with mental health disorders come to speak about their own experiences and raise awareness. An upcoming virtual event is being planned for Thursday December 17th at 6:30 p.m., so be ready to check it out! Email info@namibouldercounty.org for more information and to register.



Winter is approaching fast! And though many of us love the festive spirits, the tree-lights and eggnog and snow, many more of us struggle with loneliness, anxiety, and depression. The reduced daylight plays a part in causing or worsening depression, and while the holidays fill some of us with joy they fill others with feelings of loneliness and anxiety. And so it is important that we take care of ourselves during the winter months! So here's a set of important self-care tasks and practices to help us maintain our mental health and fend off seasonal depression.

- Remember to exercise. It can be hard to want to do it when it's below 40 degrees outside, but walking is an excellent way to get your body moving and releasing those endorphins! (But if you have an inside stationary bike that works too, if you can't handle the cold.)
- Eat healthy. There are lots of delicious, healthy recipes that you can make in short amounts of time. Personally, I think stir-fry vegetables and chicken with lite soy sauce is a wonderful dinner to get going, but if that's not for you, try to find something with lots of good nutrients and not too many carbs.
- Stay connected. I know, this is a great challenge during COVID times. There aren't many places you can go, and social distancing sucks. But there are still options! Discord or Zoom are great ways to have digital hang-outs, and if you really need to see friends in person you can always go to an open space, like a park, and keep a safe distance.
- Sleep well. Sleep can be an important part of self-care. Keep a regular sleep schedule, don't go to bed too late or wake up too late, and try to practice good sleep hygiene -- Put your electronics away about an hour before bed and do something relaxing before sleeping.

There are definitely more things you can do, and be sure to find out what works for you and what doesn't. Whatever you do, stay positive! We can make it through COVID and you can make it through winter! Stay warm, and stay strong!



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. Most importantly, you are showing that you care about mental health by joining the largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. You can join online at <https://www.nami.org/About-NAMI/Join-NAMI> 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 code** _____

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 support group for family and friends of individuals living with a mental illness.

Wednesdays 7:00-8:15 pm

Register to join at info@namibouldercounty.org

NAMI Connections Recovery Support Group

Free support group for individuals 18+ living with mental health conditions. Tuesdays at 6:30 pm via Zoom.

To register, please contact Julia at:

jkaufman@namibouldercounty.org or Casey at casey.dunne@colorado.edu.

Virtual Community Support Groups in Boulder County

Depression and Bipolar Support Alliance

DBSA Boulder now offers **virtual meetings** at the normal Boulder and Broomfield meeting times. To join, please register by sending an email to dbsazoom@gmail.com providing your name and the meeting(s) you wish to attend. Meeting choices are Sunday 6pm-7:30, Thursday 6:30pm-8pm, or both. The only meetings for friends and family are the fourth Sunday and Thursday of the month. These are intended only for areas served by DBSA Boulder, roughly a 20 mile radius of Boulder.

OCD Support Group

Support for adults with OCD, their families and friends. Email ocd.crusher@gmail.com for more information and the link to join.

Spiritual Support Group

Mental Health and Wellness

Are you looking for a virtual spiritual support group? Gather with others who are affected by mental health challenges via Zoom.

The group meets every Monday night from 6:30 pm - 8:00 pm.

If interested email anne.weiher@gmail.com.

Mindfulness Group

Naropa

Tuesdays 5:30-6:30 pm

Zoom Meeting

Please email counselingclinic@naropa.edu for more information and the link to join.

Boulder Suicide Survivors Support

Naropa

Mondays, 5:30-7:00 pm

Zoom Meeting

Please email counselingclinic@naropa.edu for more information and the link to join.

Recovery Café Longmont is opening our virtual doors to anyone seeking support for their recovery journey during the COVID-19 crisis. Offering Virtual Women's and Men's Recovery Support Groups and other services. Please call for more information between noon and 4pm Tuesday through Saturday 720.815.2885 or email info@recoverycafelongmont.org.