

Elevating Mental Health Care

FREE LECTURE SERIES



Colorado has the ninth highest suicide rate in the country and ranks 43rd for overall mental wellness. Luckily, more and more Colorado-based organizations are taking on the state's mental health challenges and investing in creative new solutions for care.

Join us as we kick off the second year of a series of free mental health lectures sponsored by Boulder Community Health Foundation, Mental Health Partners, Boulder Rotary and Boulder Valley Rotary. Our four-part series, "Elevating Mental Health," explores new strategies for enhancing the mental health care of Coloradans.

Emerging innovations in mental health care

MONDAY, FEBRUARY 18 • 6:30 P.M.

SPEAKER:

Matt Vogl, MPH — co-founder of CU Anschutz's National Mental Health Innovation Center

Join Matt Vogl, MPH — co-founder of CU Anschutz's National Mental Health Innovation Center — as he looks beyond current treatments and describes how virtual reality and other new technologies have the potential to make mental health services better and more accessible to everyone. He'll then discuss strategies for engaging non-traditional mental health professionals in the prevention and treatment of mental illness.

The Della Cava Family Medical Pavilion — reinventing our community's mental health care

MONDAY, MARCH 11 • 6:30 P.M.

SPEAKERS:

Psychiatrist **Christopher B. Reyburn, MD**, *behavioral health nurse* **Jill Eriksen, MSN**, and *design researcher* **Meredith Banasiak, M.Arch., EDAC**

Hear how Boulder Community Health's Della Cava Family Medical Pavilion, opening in April, will transform local inpatient care for mental disorders. Our speakers will describe the facility's state-of-the-art approaches to treatment, as well as how the specially designed physical setting enhances wellness and recovery.

Understanding traumatic stress & strategies for helping children and adults heal

MONDAY, APRIL 8 • 6:30 P.M.

SPEAKER:

Janine D'Anniballe, PhD, *director of Trauma-Informed Care for Mental Health Partners*

Dr. D'Anniballe will describe the impact of sexual abuse, domestic violence and other traumas on a person's brain and body. Then she'll explore strategies and treatment models that help to heal trauma.

Older adults and mental health: concerns, challenges & future directions

MONDAY, MAY 13 • 6:30 P.M.

SPEAKERS:

From Boulder Community Health and Mental Health Partners

About one in five older adults experiences some type of mental health concern that is not traditionally associated with aging. Sadly, far too many do not seek or receive the help they need. Come learn about steps being taken to better serve the needs of our community's senior population.

All programs are free and held at the Boulder Jewish Community Center, 6007 Oreg Ave in Boulder.

Registration required. Visit www.bch.org/lectures

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