

May is Mental Health Month in Routt, Moffat, and Grand Counties!



TRAINING & EDUCATION

Date/Time	Location	Training
Monday, May 7 th 8:30am-5pm	CNCC Craig Academic Building Room 175	Mental Health First Aid This class reviews common mental health problems, including anxiety, depression, suicide, trauma, psychosis, and substance use, and teaches a 5-step action plan for helping in crisis and non-crisis situations. No prior training is necessary, must be 18+, lunch will be provided. Sign up at www.mhfaco.org/findclass/attend/339 or email svalentino@ncchealthpartnership.org <i>Presented by Northwest CO Community Health Partnership</i>
Monday, May 14 th 8:30am-5pm	Granby Library Community Room	Mental Health First Aid (Details above) Sign up at www.mhfaco.org/findclass/attend/331 or email svalentino@ncchealthpartnership.org <i>Presented by Northwest CO Community Health Partnership</i>
Wednesday, May 9 th , 12-1:30pm	Location TBD	QPR Suicide Prevention Training QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. 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. This brief training is ideal for community members yearning for education, but who may not have time for more extended MHFA or ASIST trainings (also offered this month). Email Mindy at repssteamboat@gmail.com to sign up.
Saturday, May 19 th . 8am-4pm	CMC Albright Auditorium & Classrooms	Routt County Providers Unite to Decrease Opioid Misuse 14 Speakers with 7 CME hours available. <i>*For providers only (Doctors, NP/PAs, Nurses, Mental Health Professionals, Pharmacists, Dentists, etc.)</i> <i>Presented by Mountain Medical Injury and Pain Professionals/Road to Recovery.</i>
May 25 th & May 26 th 9am-4pm	Yampa Valley Medical Center/UC Health Conference Room	Applied Suicide Intervention Skills Training (ASIST) Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model. Email Mindy at repssteamboat@gmail.com to sign up. <i>Presented through REPS (Reaching Everyone Preventing Suicide)</i>
Tuesday, May 29 th & Wednesday, May 30 th 8:30am- 12:30pm	Bud Werner Memorial Library, Library Hall	Youth Mental Health First Aid Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. Light Breakfast will be provided. Sign up at www.mhfaco.org/findclass, or email svalentino@ncchealthpartnership.org <i>Presented by Northwest CO Community Health Partnership.</i>
Friday, June 1 st 8:30am-5pm	Granby Library Community Room	Youth Mental Health First Aid (Details Above) Sign up at www.mhfaco.org/findclass/attend/333 or email svalentino@ncchealthpartnership.org <i>Presented by Northwest CO Community Health Partnership.</i>



SPECIAL EVENTS

Date/Time	Location	Event
Wednesday, May 2 nd 4-6pm	Steamboat Spring Community Center	Let's Talk Stress: Ask a Health Professional. Free cardiovascular screenings, Ask a physician assistant, Talk with Peer to Peers, and Get connected to resources. Keynote Speaker: Eddie Konold, LPC, CAC II. Bonus: Door Prizes Gift Baskets with stress-relieving goodies. <i>Presented by Routt to Work, Routt County United Way, Routt County Department of Human Services, Lift Up of Routt County, and Northwest CO Community Health Partnership.</i>
Thursday, May 3 rd 5-7pm	Yampa Valley Medical Center/UC Health Conference Room 1	"Why Do I Hurt?" empowers both medical providers and people who live with pain to explore tools for pain management. <i>Presented by EPIColorado and Northwest CO Community Health Partnership.</i>
Friday, May 4 th 5-8pm	Main Street Steamboat	First Friday Artwalk Themed Shows: "Art Heals" Young Bloods Collective and The Foundry present special shows for Mental Health Month. Creation can be powerful self-help tool in managing emotions, stress, and grief on the roller-coaster of life; "Art Heals" explores themes of struggle, hope, and recovery. YBC's member show will be at their Steamboat Smokehouse Gallery, and The Foundry's special show will be at the SkiLocker. <i>Presented by Young Bloods Collective, The Foundry, Steamboat Smokehouse, the SkiLocker, and Northwest CO Community Health Partnership</i>
Thursday, May 10 th 12:30-1:30pm	Natural Grocer	Stress-fighting Foods Cooking Demo <i>Presented by Alicia McLeod, Nutritional Health Coach with Natural Grocer</i>
Sunday, May 13 th 4:30-5:30pm	Natural Grocer	Fermented Foods Cooking Demo: The Power of Probiotics for Your Mood <i>Presented by Alicia McLeod, Nutritional Health Coach with Natural Grocer</i>
Tuesday, May 15 th 10am-12pm	CMC Albright Auditorium	The Triangle of Tragedy, presentation by Michael Ferrara Michael shares his story as a first responder and discusses his personal experience with PTSD, cumulative trauma, and prescription drug use. <i>Presented by the Routt County Sheriff's Office, Town of Oak Creek, and Northwest CO Community Health Partnership</i>
Friday, May 18 th 5:30-7:30pm	CMC Albright Auditorium	Community Think Tank & Pizza Party: Medical Marijuana- Breaking Good or Breaking Bad? <i>Presented by Mountain Medical Injury and Pain Professionals/Road to Recovery. Presenter: Steve Wright, MD</i>
Sunday, May 20 th 4:30-5:30pm	Natural Grocer	Community Class: Exploring the Connection Between ADD/ADHD and Diet <i>Presented by Alicia McLeod, Nutritional Health Coach with Natural Grocer</i>
Wednesday, May 23 rd 4:45pm	Hot Sulphur Springs Library	Family Movie Night: Disney's Inside Out Celebrate summer with a FREE viewing of Inside Out, which explores emotions in a fun and age appropriate way. <i>Presented by Granby County Library District</i>
Thursday, May 24 th 5pm	Kremmling Library	Family Movie Night: Disney's Inside Out Celebrate summer with a FREE viewing of Inside Out, which explores emotions in a fun and age appropriate way. <i>Presented by Granby County Library District</i>
Tuesday, June 5 th 5:30-7pm (Doors open at 5pm)	The Chief Theater	Family Movie Night: Disney's Inside Out Celebrate summer with a FREE viewing of Inside Out, which explores emotions in a fun and age appropriate way. Children 10 and under must be accompanied by an adult. Admission is first-come, first serve and is limited. The night will be complete with an open snack bar and discussion tools for families and youth. <i>Presented by The Mark McManus Foundation, Music With Vision, and Northwest CO Community Health Partnership</i>

