

Reach Beyond

Your monthly update on behavioral
health in Adams County.



Greetings!

As we move into November, Community Reach Center is reflecting on the importance of giving back, especially as many Coloradans faced heightened food insecurity due to recent disruptions to SNAP (Supplemental Nutrition Assistance Program) benefits. These changes have forced too many households to make difficult choices between food and stability during what should be a season of gratitude and togetherness.

In response, CRC and our partners came together in numerous ways to meet this moment with action. Our Gather & Give event this month united organizations to provide essential resources, nutritional support, and connection to families in need. Together, we demonstrated the power of collective care in strengthening the well-being of our community.

This month, we hosted [The Naloxone Project](#) at our new Walk-in Crisis & Resource Center. This partnership continues our commitment to meeting our community's needs, destigmatizing harm reduction, and empowering individuals to respond with compassion and care.

In Focus: A Season of Giving and Gratitude

This month, more than 32,000 Colorado residents were directly affected by the temporary disruption of SNAP benefits. In response to this urgent need, CRC rose to the occasion by hosting a Gather & Give event. This event centered around collecting food donations and bringing together a network of community partners who offered vital resources to ensure no one goes hungry.

Twenty community partners from across Adams County, Broomfield County, and the Greater Denver Metro area came together to support families facing the heartbreaking reality of choosing between nourishment and stability. Thank you for everyone's support in making this possible.



Colorado Gives Day: Toma's Story

Although the federal government shutdown has ended, it does not diminish the ongoing need within our community. Our commitment to expanding access to mental health care remains at the heart of our work, and we cannot do this alone.

Toma, a dedicated CRC client, reminds us that every donation makes a difference. After connecting to CRC, Toma has started therapy, completed college, and now has a job she is proud of. Now, her life is filled with laughter, snuggles from her dog Mijo, and finding ways to help others get the care they need at CRC.

"I really enjoyed how CRC supported me and helped me. They believed that I could finish college and could work."

Donate today to help others find hope and start their journey to healing. Watch Toma's full story below.

Your gift. Their story of
hope.



Mental Health Minute: Managing Stress



November is Stress Awareness Month, and we encourage you to take a moment to develop a personalized approach to managing stress, especially during the holiday season. Once you identify what increases stress in your life, you can explore different coping strategies that work for you. Remember, recognizing your body's signals and showing yourself compassion can make a powerful difference in your well-being.

Reference: National Alliance on Mental Illness

Tips for Managing Stress

Community Corner: Connection in Action



We are grateful for The Naloxone Project for collaborating with us to host a pop-up event at our Walk-in Crisis & Resource Center. This event helped equip attendees with the knowledge to recognize the signs of an overdose, respond with compassion, and safely administer naloxone to save lives. Events like this highlight the power of education and partnership in fostering awareness, reducing stigma, and strengthening our community's capacity to care for one another.



We had an inspiring time connecting with students, families, and teachers at Northglenn Middle School's (NGMS) Community Day! Opportunities like this allow us to connect with parents about our school-based therapy program, which meets students where they are, beyond the classroom. By providing our trauma-informed therapy services at NGMS, we're ensuring every student and family knows they have a consistent and compassionate support system all year long.

Better Together: Events Spotlight



Event Info

Mark Your Calendars for Operation Freebird on Saturday, November 22nd!

Where: [Mountain States Toyota](#)

201 West 70th Avenue
Denver, CO 80221

When: Saturday, November 22nd, from 10 AM - 2 PM

What: Operation Freebird hosted by Adams County Sheriff's Office, will be providing free food for Thanksgiving. Food boxes will be available while supplies last.

Careers in Mental Health: Join CRC's Mission to Make a Difference

Are you passionate about mental health and making a difference in people's lives? Community Reach Center is always seeking dedicated and compassionate individuals to join our team. We value diversity in backgrounds, experiences, and skillsets. Explore a career where your work truly matters!

• [Care Manager/Educator](#)

• [Therapist, Unlicensed -](#)

- [Clinician - Float \(Overnights\)](#)
- [Child Psychiatrist](#)
- [Psychiatrist](#)

- [Assertive Community Treatment](#)
- [Youth Shelter Technician](#)

Interested in Working at CRC? Apply Today!

Community Reach Center is a proud recipient of the 2024 bronze-level Healthy Workforce Designation for demonstrating a strong commitment to improving the health and vitality of its employees through a workplace well-being program.



Support Community Mental Health

You can help save lives in Adams County. A donation to Community Reach Center ensures people on Medicaid receive essential mental health care, regardless of their ability to pay.



Donate Today



COMMUNITY
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Get In Touch



To enhance the health of our community.

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