

# Reach Beyond

Your monthly update on behavioral health in Adams County.



## Greetings!

In every community, there are moments when support can make all the difference. Being seen, heard, or guided toward care can change the course of someone's well-being.

April invites us to reflect on the importance of awareness, early intervention, and the role each of us plays in supporting mental health across our community. This month, efforts like **Alcohol Awareness Month** and **BIPOC Health Month** remind us that mental health is not one-size-fits-all — it requires understanding, compassion, and access to the right support at the right time.

**Early awareness** can be a powerful first step. Whether it's recognizing when someone may need support, starting a conversation, or connecting individuals and families to care, each action contributes to a stronger, healthier community.

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## In Focus: Counseling Awareness Month

**Counseling Awareness Month** is an opportunity to recognize the vital role counselors play in supporting individuals, families, and communities every day. Professional counselors do more than provide guidance—they create safe, supportive spaces where people can explore challenges, build resilience, and develop meaningful strategies to navigate life's complexities.

At Community Reach Center, our counselors meet people where they are—offering support that is responsive to each individual's experiences, needs, and goals. This month, **we recognize and thank the many professionals across CRC** who provide therapeutic support and walk alongside individuals and families every day, making a lasting impact across our community.



What gives my work the most meaning is hearing each person's story and walking alongside them as they move through some of their hardest moments. **I love seeing people grow and become the hero of their own story.**

**Katie Hanjani, MA, LPC.**

Program Manager

## Mental Health Minute: When to Consider Talking to a Counselor



Seeking support doesn't have to wait for a crisis. Counseling can help at many points in life, especially when things begin to feel overwhelming. You might consider talking to a counselor if you are:

- Feeling persistently overwhelmed, anxious, or emotionally drained.
- Experiencing changes in mood, sleep, or daily routines.
- Navigating a major life transition or stressful situation.
- Struggling to cope in ways that feel healthy or sustainable.

Reaching out for support is a meaningful step toward understanding yourself and building tools to move forward with confidence.

Reference: [Mental Health America](#)

**We Are Here for You**

## Partner-Oriented: Community in Action



Exciting progress is underway as our new Westminster Outpatient location continues to take shape. This space will serve as a hub for accessible, community-based mental health care—designed to support individuals and families with a range of services in a welcoming and connected environment.

As construction moves forward, this new location represents more than a building, it reflects our continued commitment to expanding access to care and meeting the growing needs of our community.

Access to everyday health essentials, such as sunscreen, plays an important role in overall well-being, particularly as warmer months approach. This month, Community Reach Center has received a generous donation of over 700 sunscreen products from [Rocky Mountain Sunscreen](#), enhancing the health and well-being of those we serve. These essential items will be distributed across CRC locations to maximize their impact! Partnerships like this are vital in promoting community health and improving access to necessary resources.

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## Better Together: Events Spotlight



**Save the Date: Adams 12's Five Star 5k - Miles for Smiles**

**Where:** [Riverdale Regional Park](#)

**When:** May 9th from 8 - 11:00 AM

**What:** Join us this year as we participate in the Adams 12 Five Star 5k!

[Sign up!](#)

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## 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!

- [Behavioral Health Technician - PRN](#)
- [Behavioral Health Receptionist](#)
- [Case Manager/Competency Educator](#)
- [Case Manager](#)
- [Crisis Navigator](#)
- [Nurse, RN - Stages](#)
- [Program Manager - Behavioral Health](#)
- [Supervisor of Staff, Licensed](#)
- [Therapist, Outpatient](#)

[Want to make a difference? Apply today!](#)

Community Reach Center is a proud recipient of the 2025 gold 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](#)



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To enhance the health of our community.

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