

May 2026 Edition



Reach Beyond

Your monthly update on behavioral health in Adams County.



Greetings!

May is **Mental Health Awareness Month** — a time to pause, reflect, and recommit to the well-being of ourselves and those around us. This year, [Mental Health America](#) invites us to embrace the theme "More Good Days Together", a reminder that connection, community, and shared support are at the heart of mental wellness.

At Community Reach Center, this theme feels personal. Every day, our teams across Adams County show up to help people find more good days through compassionate care, early intervention, and the belief that no one should navigate their mental health journey alone.

This month, we invite you to reflect, engage, and take action alongside us.

In Focus: More Good Days Together!

Mental Health Awareness Month is a powerful reminder that mental health is something we all share. Whether you are on your own wellness journey or showing up for someone you love, each of us has a role to play in building a community where more people have more good days.

One of the most meaningful ways to show up this month — and every month — is to be prepared. That's why Community Reach Center offers [Mental Health First Aid \(MHFA\)](#), an evidence-based training that gives everyday people the skills and confidence to recognize the signs of a mental health challenge and respond with care.

Just like physical first aid, MHFA equips you to be there in the moments that matter most, whether for a neighbor, a coworker, a family member, or yourself. It's not about having all the answers. It's about knowing how to help until professional support is available. Interested in becoming Mental Health First Aid certified?

[Register for a MHFA Training Here](#)



Mental Health Minute: Small Habits, More Good Days



Good mental health isn't built in a single moment; it grows through small, consistent choices we make every day. This month, try adding one of these to your routine:

- **Move your body.** Even a short walk can lift your mood.
- **Connect with someone.** A call or coffee with someone you care about matters.
- **Step outside.** Fresh air and natural light do more than you think.
- **Rest without guilt.** Sleep and rest are essential, not optional.
- **Say something kind to yourself.** Offer yourself the same compassion you'd give a friend.

Small steps, taken consistently, can lead to more good days — for you and for those around you.

Reference: Mental Health America

[We Are Here for You](#)

Partner-Oriented: Community in Action



Community Reach Center attended NatCon 2026, right here in Denver, one of the nation's largest conferences dedicated to mental health and community-based care! Our team learned alongside behavioral health leaders from across the country, exploring the conversations shaping the future of care. Two themes stood out: the growing mental health needs among young people, and the evolving role of artificial intelligence in behavioral health services, both highlighting the continued importance of human connection, compassion, and accessible care. CRC is committed to bringing these national insights back to Adams County and the people we serve every day.

Governor Jared Polis has officially proclaimed May 2026 as **Colorado Mental Health Awareness Month** — a meaningful recognition of our state's commitment to prioritizing behavioral health care, early intervention, and the community partnerships that make it all possible. At Community Reach Center, we see this mission come to life every day. Through the dedication of our staff, providers, and partners across Adams County, we witness firsthand how connection, compassion, and accessible care can truly transform lives. This proclamation is an uplifting reminder that mental health matters, and that Colorado is committed to making sure no one faces their journey alone.

Better Together: Events Spotlight



Save the Date: 5th Annual Art Gala, More to Our Story

Where: CRC Campus

When: July 9th from 11 AM - 3:00 PM

What: Join us for an afternoon of art, community, and celebration as clients, families, and supporters come together to honor the creativity and resilience of those we serve.

[Donate Art Supplies](#)

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](#)
- [Bilingual MSW Intern](#)
- [Case Manager](#)
- [Crisis Navigator](#)

- [Program Manager, Licensed](#)
- [Supervisor of Staff](#)
- [Therapist, Ascent](#)

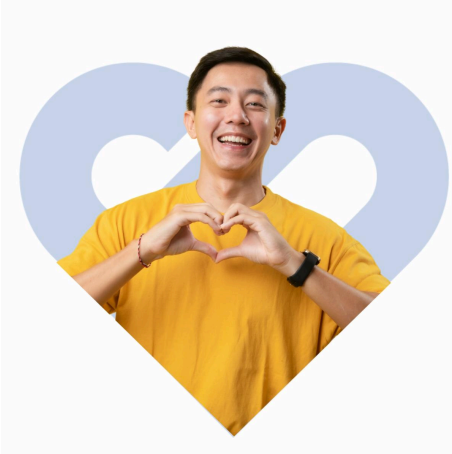
Want to make a difference? Apply today!

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



COMMUNITY REACH CENTER

Get In Touch



To enhance the health of our community.

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