



APRIL 2024

THE MENTAL HEALTH MEMO

THE SLVBHG NEWSLETTER

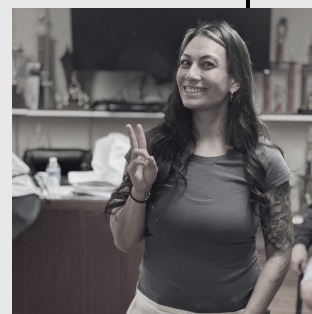


INSIDE THIS ISSUE:

Summer Events

Agency Updates

*Message from
Victoria*



LOOKING FORWARD TO SUMMER 2024

*Sending Warm Wishes for a Season of
Success and Joy to You and Your Team*



SLVBHG Summertime Events

Anticipating a summer of meaningful events at SLVBHG, promoting mental health awareness and community engagement. From our highly anticipated Mental Health Action Day breakfast, fostering dialogue and resources, to our 3rd annual Hope and Recovery Festival, celebrating resilience and empowerment, join us in prioritizing mental well-being this summer. For for information about these events, please check out our social media @slvbhg.



Did you know...

1 in 8 people in the world live with a mental health condition?



719-589-3671



@slvbhg



8745 CR 9 S., Alamosa, CO 81101



www.slvbhg.org

Exciting Updates from SLVBHG



SLVBHG DAY AT THE CAPITAL

SLVBHG's leadership shone at the Colorado Behavioral Healthcare Council's Day at the Capitol. CEO Victoria Romero joined other CMHC CEOs on the floor during a key session, engaging with legislators like Representative Matthew Martinez and Senator Cleave Simpson. Beyond politics, they forged connections with partners across the state, fueling collaboration and commitment.



COMMUNITY ENGAGEMENT

Giving back is at the heart of what we do. From volunteering initiatives to partnerships with local organizations, we're committed to making a positive impact in our community. SLVBHG staff have been out about in our community the last few months, here are some events we have attended!

Safety Shut Down with Rio Grande First Responders
Love Your Sweetheart Valentine's Day Health Fair
2024 SLV Career Fair



STAFF YEARS OF SERVICE MILESTONES

Consuelo Contreras - 5 years	Monique Gurule - 5 years
Fran Mestas - 5 years	Sorel Kadinger - 10 years
Kyle McDonald - 5 years	Jana Freeburn - 10 years
Raenell Rodriguez - 5 years	Jazmin Vigil - 25 years

We would like to thank these staff for their dedication to our agency and serving the citizens of the San Luis Valley.

Thank you for your hard work, passion, and your unwavering commitment. Together, we are making a difference, one day at a time.

A Message from Victoria

Dear Community Partners and Stakeholders,

As we step into the vibrant season of spring, it brings me great pleasure to extend warm greetings from San Luis Valley Behavioral Health Group. As the CEO, I am continually inspired by the dedication and collaboration of our community partners and stakeholders in fostering mental health awareness and supporting those on their journey to recovery.

Summer of Advocacy and Community Engagement:

Looking ahead to May, Mental Health Month holds particular significance for us. It's a time for us to amplify our efforts in raising awareness, reducing stigma, and promoting mental wellness within our community. This year, we're excited to announce our upcoming Mental Health Breakfast Seminar, scheduled for Mental Health Action Day on May 16th. It promises to be an enriching event, bringing together experts, advocates, and community members to engage in vital conversations and initiatives that promote mental health equity and access to care.

Furthermore, as we gear up to commemorate August as Overdose Awareness Month, we are eagerly anticipating our 3rd annual Hope and Recovery Festival. This event serves as a beacon of hope and solidarity, honoring those we've lost to addiction while celebrating the resilience of individuals in recovery. We invite you to join us in this meaningful endeavor by considering sponsorship opportunities or setting up an informational booth. Your involvement can make a significant impact in spreading awareness and offering support to those affected by substance use disorders.

Focused on Community:

At San Luis Valley Behavioral Health Group, we recognize that our collective efforts are paramount in creating a community where mental health is prioritized, and individuals receive the support they deserve. Together, we can break down barriers, foster understanding, and build a more compassionate and resilient community.

Thank you for your unwavering commitment and partnership. Together, let's continue to advocate, educate, and empower for mental health and well-being.

Warm regards,

A handwritten signature in black ink that reads "Victoria Romero". The signature is fluid and cursive, with the first name "Victoria" being larger and more prominent than the last name "Romero".

Victoria Romero
CEO, San Luis Valley Behavioral Health Group