MENTAL WELLNESS WORKGROUP ACTIVITIES

Golden Rotary’s Mental Wellness workgroup organizes, underwrites and/or carries out a number of activities related to mental health issues related to kids and teens. Such programs include quarterly events, such as town hall forums, designed to educate the public on matters of concern to kids and parents alike, including such topics as anxiety, depression, substance abuse, and self-harm.

The workgroup also engages in programs including

* Teen Assistance Program, providing financial assistance to low-income Golden High School students for professional mental health therapy.
* a Mental Wellness Tip of the Week, which is authored by Golden High School students and published by the Club.
* Providing Cool-down Corners for local elementary schools. Students who are upset, anxious or otherwise distracted can spend time in the non-punitive Corner, along with games and toys.
* Sponsoring an annual Helping Kids Thrive/Community Wellness Fair for parents and kids produced by Jefferson Center, identifying mental wellness resources available, personal consultation, food, and entertainment for kids.
* Sponsoring periodic webinars produced by Jefferson Center and monthly QPR (Question, Persuade, Refer) suicide prevention sessions in concert with Jeffco PTA.

The objectives of the workgroup’s activities are threefold: to increase community awareness of mental health issues; to educate the public on resources available to deal with such issues; and to reduce the stigma associated with mental disorders.

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