

spea**q**k

SUICIDE
PREVENTION
EDUCATION
AWARENESS
KNOWLEDGE

WEEK MAY 2 - 6

WALK MAY 7

AT CARMICHAEL PARK 650 SOUTHERN ST, BRIGHTON

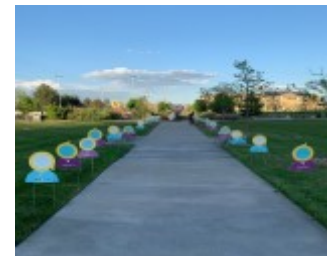
SPEAK5K.ORG



The Brighton Youth Commission (BYC) is a group of dynamic youth and adults, commissioned by the City of Brighton, to study matters and plan events impacting youth and families in the community. The BYC works both with the city and independently to improve Brighton for all its residents, especially youth by providing young people with the opportunity to be a voice for change in their community, thereby creating an environment which cultivates both personal and leadership development.



This year marks the 11th Anniversary of SPEAK Week. Since 2012, the BYC has planned SPEAK (Suicide, Prevention, Education, Awareness and Knowledge) Week to promote awareness about mental health and break down the stigmas surrounding it. Colorado is seventh in the nation for suicide deaths according to the latest CDC data. The Brighton community has felt the impact of this statistic personally and profoundly with the 2011 death of Joshua Dillon, a Brighton High School senior.



SPEAK has grown each subsequent year, both in the week's activities, number of schools involved, and especially the SPEAK Walk that completes the week's events. Additionally, SPEAK has greatly impacted the way our school district addresses teen mental health and suicide awareness. Our project has received attention and interest from local and regional mental health experts because of its youth driven approach and success.

The past two years have been hard on all of us in one way or another. As we carry on post global pandemic, our mental health and how we recover from the lasting impacts of COVID-19 are more important than ever. Colorado Children's Hospital reports they are seeing twice as many patients reporting increased anxiety, depression and feelings of isolation and social disconnectedness. They have seen a 90% increase in demand for behavioral health treatment in the past two years. This year the BYC has chosen to use SPEAK Week to break down stigmas about therapy and provide resources to the community which includes a new program called I Matter. This program offers up to six free behavioral health sessions for youth ages 18 and under in Colorado. More information can be found visiting their website, imattercolorado.org.

We are grateful to be able to continue with our annual SPEAK Week and SPEAK Walk. Thank you to all of those involved for joining the Brighton Youth Commission on our journey to save lives. Together we can increase awareness about suicide prevention, decrease its frequency, provide hope to survivors and build a caring and supportive community.



DO YOU WANT TO MAKE A CHANGE IN YOUR COMMUNITY?

Community Involvement

Community Service Hours

Make New Connections

Create Lasting Memories

JOIN THE BRIGHTON YOUTH COMMISSION & YOUTH CORPS TODAY!

Applications are Due June 10th by 5pm.

Apply using this QR Code!

speak | SUICIDE PREVENTION EDUCATION AWARENESS KNOWLEDGE

SPEAK Week starts with a week of educational activities with students and will culminate with a walk on May 7th, 2022. The walk helps bring awareness to the severity of teen suicide while also working to educate the community and break down the stigmas which surround mental illness.

VISIT [SPEAK5K.ORG](https://speak5k.org) TO REGISTER AND VIEW MORE DETAILS ABOUT THE WEEK!

Use the QR Code to watch this year's **SPEAK Video!**



SPEAK Don't Scroll Social Media Challenge

MODERATION MONDAY

Reduce your phone and social media use for the day

TWO-HOUR TUESDAY

#SPEAKDONTSCROLLDAY2

Only use your phone and social media for two hours this day and post your app usage times

WORKOUT WEDNESDAY

#SPEAKDONTSCROLLDAY3

Go on a walk, do yoga or a workout routine instead of scrolling on your social media and post a selfie

THANKFUL THURSDAY

#SPEAKDONTSCROLLDAY4

Post what you're thankful for whether it's a person, a pet, an object or something not tangible

SELF-CARE FRIDAY

#SPEAKDONTSCROLLDAY5

Do something to take care of yourself whether that be doing skin care, coloring, watching a movie, etc. and post it

SPREAD YOUR LIGHT SATURDAY

#SPEAKDONTSCROLL

Join us at our SPEAK Walk starting in Carmichael Park

POST REQUIREMENTS (in your caption):

- Provide your school name
- Tag the BYC Instagram or Facebook Page
- Use that day's hashtag

I Matter.



Mental health challenges in children and adolescents across Colorado are real and widespread. Even before the pandemic, an unacceptable number of young people were having a hard time recovering from current or past trauma and coping with feelings such as sadness and hopelessness that can be difficult to talk about out loud.

We are all navigating through unprecedented times and changes since the COVID-19 pandemic began. These changes have impacted youth in multiple ways including living with heightened stress and anxiety and fear, transitions to and from online classes, school closings, and changes in how we all interact and connect with others.

To address this mental health crisis, the State of Colorado has launched the [I Matter](#) program to provide access to **free therapy sessions** for youth in Colorado.

- The program is open to youth 18 years of age or younger or 21 years of age or younger if receiving special education services.
- Youth and their parents can visit the platform at [IMatterColorado.org](#) to take a confidential online survey about their mental health and schedule sessions with a licensed behavioral health clinician, primarily via telehealth.
- A Spanish language version of the program can be found at [YoImportaColorado.org](#), and the program has clinicians who can provide sessions in Spanish.

If you'd like to spread awareness about the program, you can access the program's digital toolkit at [bit.ly/IMatterColorado](#) for graphics to share on social media, and more. If you have general inquiries about the program, please email Laura.Gabbay@state.co.us.



RESOURCES

Colorado Crisis Line

Call 1-844-493-8255 or Text "TALK" to 38255

Suicide Prevention Hotline

1-800-273-8255

Community Reach Center

(303)853-3500

The Pennock Center for Counseling

(303)655-9065

The Richard Lambert Foundation

(720)408-8417

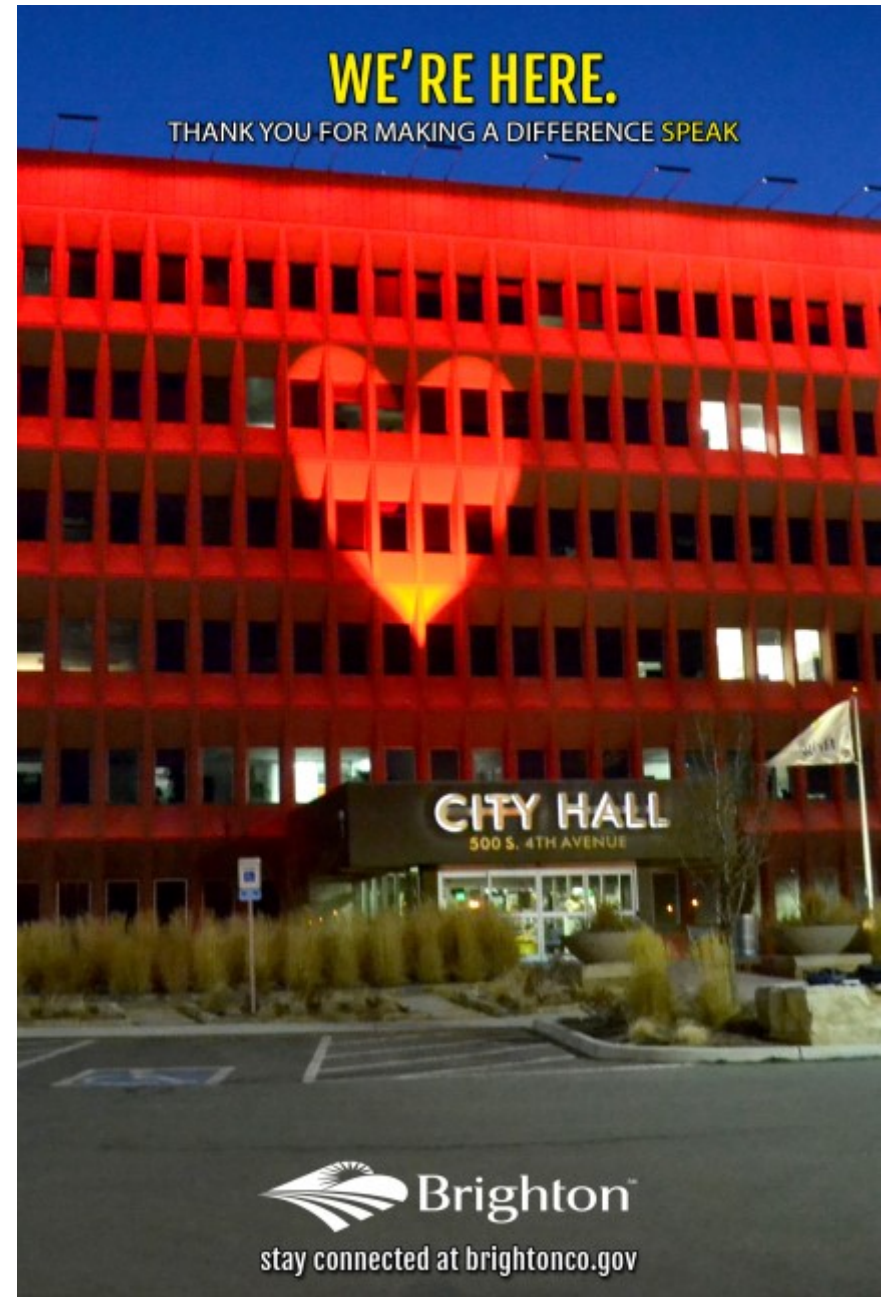
I Matter

imatter.org

"You don't have to struggle in silence.

You can be un-silent. You can live well with a mental health condition, as long as you open up to somebody about it."

-Demi Lovato



If you or someone you know is experiencing a mental health, substance use or emotional crisis, call 1-844-493-TALK (8255) to talk to a trained professional or dial 911

WARNING SIGNS

- Talk about suicide, death, and/or no reason to live
- Withdraw from friends and/or social activities
- Be preoccupied with death and dying
- Have a recent severe loss (especially relationship) or threat of a significant loss
- Experience drastic change in behavior
- Prepare for death by making out a will (unexpectedly) and final arrangements
- Give away prized possessions
- Have attempted suicide before
- Take unnecessary risks; be reckless and/or impulsive
- Lose interest in their personal appearance
- Increase their use of alcohol or drugs
- Express a sense of hopelessness
- Be faced with a situation of humiliation or failure

Strategies for Anxiety/Stress

Listen to your body. If you need to cry, then cry. If you need to sleep, then sleep. If you need to talk to someone, seek out someone who will listen.

Check in with yourself. Stress reactions can sneak up on us. Slowing down and checking in with yourself regularly can help prevent negative reactions like increasing anxiety, depression or anger.

Lower expectations for yourself. Give yourself a break and don't expect too much from yourself if you've just gone through a traumatic event, loss, or life-changing event.

Let others know what you need from them. Be aware that losses, trauma, and stress can trigger personal feelings and reactions from past losses.

Pamper yourself. Take the time to do the things you need to do for yourself. Engage in things that bring you pleasure or sense of relaxation.

Use good coping tools. Intentionally plan to engage in regular practices of mindfulness, deep breathing, journaling, meditation, or other spiritual practices that keep you grounded.

Get physical exercise. Try to maintain your regular exercise routine or consider moving more or finding exercise that suites you.

Maintain a proper diet and get some sleep. Maintaining a healthy diet and getting proper sleep is essential for feeling good.

If you need counseling, reach out. Don't hesitate to contact a medical and/or mental health professional.

It's never overreacting to ask for what you want and need."

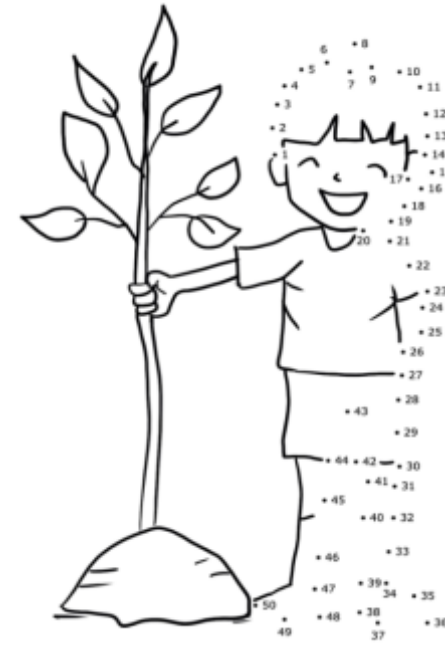
-Amy Poehler



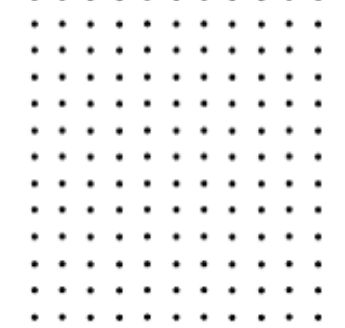
“Pain is REAL.
But so is HOPE.”
-Unknown

Mindful Morning

- 5 Slowly take five deep breaths.
- 4 List four things you can see or notice around you.
- 3 List three things you are grateful for.
- 2 Say two positive self-talk statements to yourself.
- 1 Name one thing you are looking forward to today.



DOTS & BOXES



		9	3		
	9	5		8	3
2			7	4	
					5
3		6	8		7
2					
	5	4			7
7	1		2	6	
		3	6		

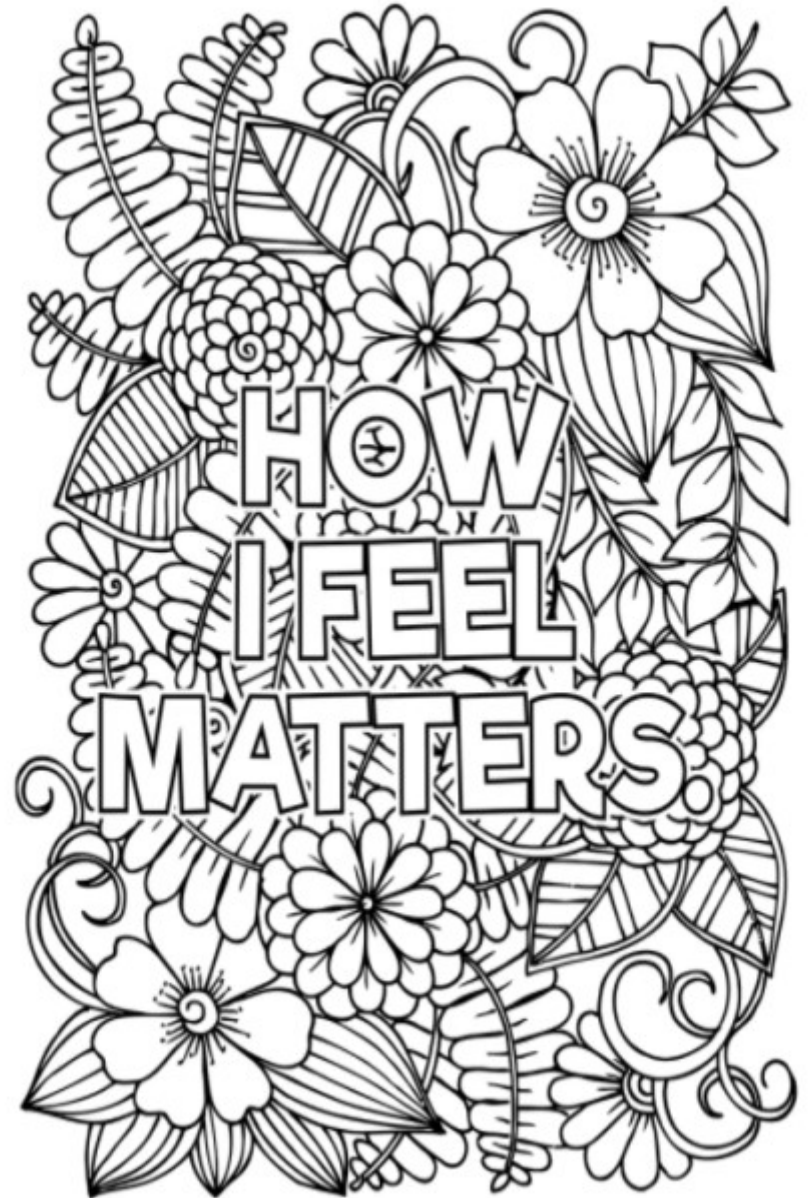
**PLANT
HOPE**

LIST 3
SOURCES OF STRENGTH
FOR YOU:

- 1.
- 2.
- 3.

*“Everything heals. Your body heals.
 Your heart heals. Your mind heals.
 Your happiness is going to come back.
 Tough times are only temporary.”*

-Unknown





≈30 MIN≈ self-care

I NEED...





**LIST 3 THINGS YOU'RE
THANKFUL
FOR:**

- 1.
- 2.
- 3.



SAT. JUNE 4

10 A.M. - 5 P.M.

CARMICHAEL PARK

650 SOUTHERN ST.

FOOD • LIVE MUSIC • KIDS' FUN

MORE INFO AT WWW.BRIGHTONCO.GOV/SUMMERFEST

Event is free and open to the public!



Coldstone Creamery
245 Pavilions Place Unit A
Brighton, CO 80601



Buy ONE, Get ONE FREE Signature or Creation

(Buy One Like It Size Creation, Get One Like It Size Creation FREE.)

One coupon per visit. Maximum value \$7.00.

Additional add-ins cost extra.

Brighton Youth Commission **speak** 2022 Coupon Book

Offer good through December 31, 2022

Black Jack Pizza of Brighton
1521 E Bridge St.
Brighton, CO 80601



FREE Family Sized Dessert

(Cinnabread, cookie, brownie, or s'more)

With Purchase of a Large Pizza at Menu Price

Must call your order in. Available for carry out orders only.

Coupon not valid online. Maximum value \$6.99.

Brighton Youth Commission **speak** 2022 Coupon Book

Offer good through December 31, 2022

Brighton Dairy Queen Grill & Chill
2564 E. Bridge Street
Brighton, CO 80601



Buy ONE, Get ONE FREE Stackburger

One use per visit. Maximum value \$6.99

Brighton store ONLY!

Brighton Youth Commission **speak** 2022 Coupon Book

Offer good through December 31, 2022

Brighton Youth Commission **speak** 2022 Coupon Book

BRIGHTON OASIS

SUMMER 2022

MAY 28 - AUGUST 7

OPEN WEEKENDS THROUGH LABOR DAY

SEASON PASS PRICING

	RESIDENT	NON-RESIDENT
AGES 3-5	\$35	\$62
AGES 6-17	\$70	\$95
AGES 18-59	\$85	\$120
SENIORS 60+	\$70	\$95
FAMILY	\$250	\$300
FAMILY ADD-ON	\$50 each	\$75 each

NOW TRAINING AND HIRING LIFEGUARDS!

LIFEGUARD TRAINING:
May 7-9 & 14-16
Register at Recreation Center,
555 N 11th Ave.

APPLY ONLINE AT
brightonco.gov/jobs

WWW.BRIGHTONOASIS.COM

Brighton Youth Commission **speak** 2022 Coupon Book

Allstate Rippy Agency
220 Pavilions Place, Suite D
Brighton, CO 80601



\$20 donation to BYC Per FREE Insurance Quote

(Get a quote from the Rippy Agency and they'll donate \$20 per quote to the Brighton Youth Commission. No purchase or use of goods or services necessary for donation fulfillment. One donation per household. Maximum donation of \$500.)

Brighton Youth Commission **speak** 2022 Coupon Book

Offer good through December 31, 2022

Big Choice Brewing
21 S First Ave.
Brighton, CO 80601



For \$5.99 GET

**A Half Sandwich* OR 6" One Topping Pizza,
Choice of side salad or chips,
And a non-alcoholic beverage.**

(Regularly \$7.99-\$8.99. Cannot be combined with other offers.)

***Reuben Sandwich is an additional \$4.)**

Brighton Youth Commission **speak** 2022 Coupon Book

Offer good through December 31, 2022

The Pink Door Nail Salon & Boutique
25 S Cabbage Ave.
Brighton, CO 80601



\$5.00 OFF Any Service

May not be combined with other coupon or discount.

Limit 1 coupon per person.

Brighton Youth Commission **speak** 2022 Coupon Book

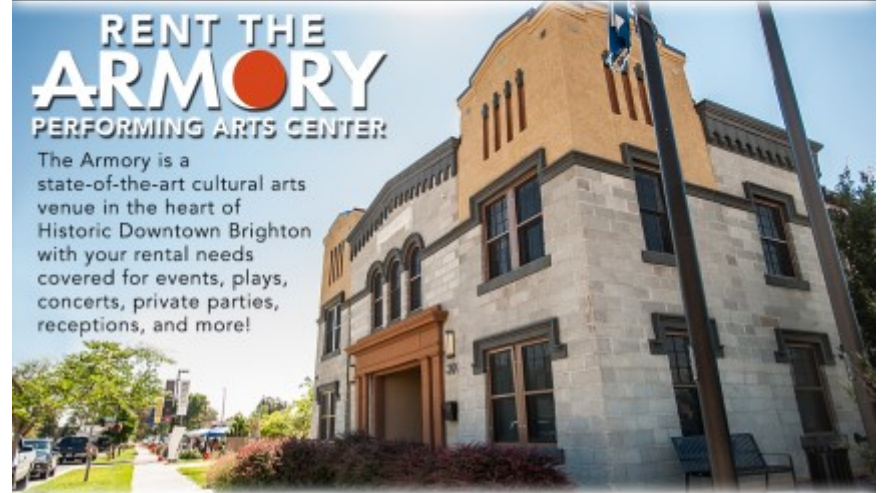
Offer good through December 31, 2022

Brighton Youth Commission **speak** 2022 Coupon Book



RENT THE ARMORY
PERFORMING ARTS CENTER

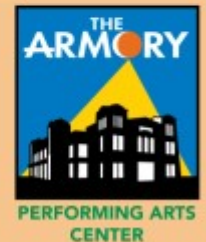
The Armory is a state-of-the-art cultural arts venue in the heart of Historic Downtown Brighton with your rental needs covered for events, plays, concerts, private parties, receptions, and more!



Facility rentals, availability and rental rates call 303.655.2140 or info@brightonarmory.org

Follow us on Facebook and sign up for our weekly email of events at brightonarmory.org

300 Strong Street • brightonarmory.org



Brighton Youth Commission **speak** 2022 Coupon Book

Kikos Authentic Mexican Restaurant
290 N Main St.
Brighton, CO 80601



**Buy ONE Entrée with Two Beverages, Get the
Second Entrée of Equal or Lesser Value 50% OFF**

(Regular priced entrée purchase required.)

One coupon per person/transaction.

Brighton Youth Commission **speak** 2022 Coupon Book

Offer good through December 31, 2022

Kikos Authentic Mexican Restaurant
290 N Main St.
Brighton, CO 80601



\$5 OFF any Family Style Meal-to-Go

One coupon per person/transaction. Maximum value \$5.00.

Cannot be combined with any other discount.

May not be redeemed for cash.

Brighton Youth Commission **speak** 2022 Coupon Book

Offer good through December 31, 2022

Simply Pizza Truck
Brighton, CO 80601



Buy a Pizza, Get a FREE Drink

Maximum value \$5.00.

One coupon per person/transaction.

Brighton Youth Commission **speak** 2022 Coupon Book

Offer good through December 31, 2022

Brighton Youth Commission **speak** 2022 Coupon Book

Live **at the** **ARMORY**

2022 CONCERT SERIES

The Little Mermen (Premier Disney Cover Band)
May 22, 3 PM

BLUES BLAST (with blues guitarist Coco Montoya)
June 18, 6 PM *Other featured artists, bands and other details TBD

Noise Pollution (AC/DC Tribute Band)
JUNE 25, 8 PM

Project Foreigner (Foreigner Tribute Band)
Those Crazy Nights (Journey Tribute Band)
August 13, 7 PM

"Forever Flanel Night"
September 9, 7 PM
Rooster (Alice in Chains Tribute)
The Ten Band (Pearl Jam Tribute Band)
Bleach'D (Nirvana Tribute Band)

FACE Vocal Band (all-vocal rock band)
September 30, 7 PM

Mr. Majestyk's 8 Track Revival (rock and pop band)
October 1, 7 PM

Yesterday (The Beatles Tribute)
October 29, 7 PM

The Alter Eagles (Eagles Tribute Band)
November 18, 8 PM

The Long Run (Colorado's Tribute to the Eagles)
November 19, 8 PM

BUY TIX ONLINE AT BRIGHTONARMORY.ORG




Brighton Youth Commission **speak** 2022 Coupon Book

Lulu's Farm
13201 E 144th Ave.
Brighton, CO 80601



\$5 OFF Purchase

(Minimum purchase of \$25 regularly priced merchandise.)

One coupon per person/transaction.

May not be combined with other offers, sale items excluded.

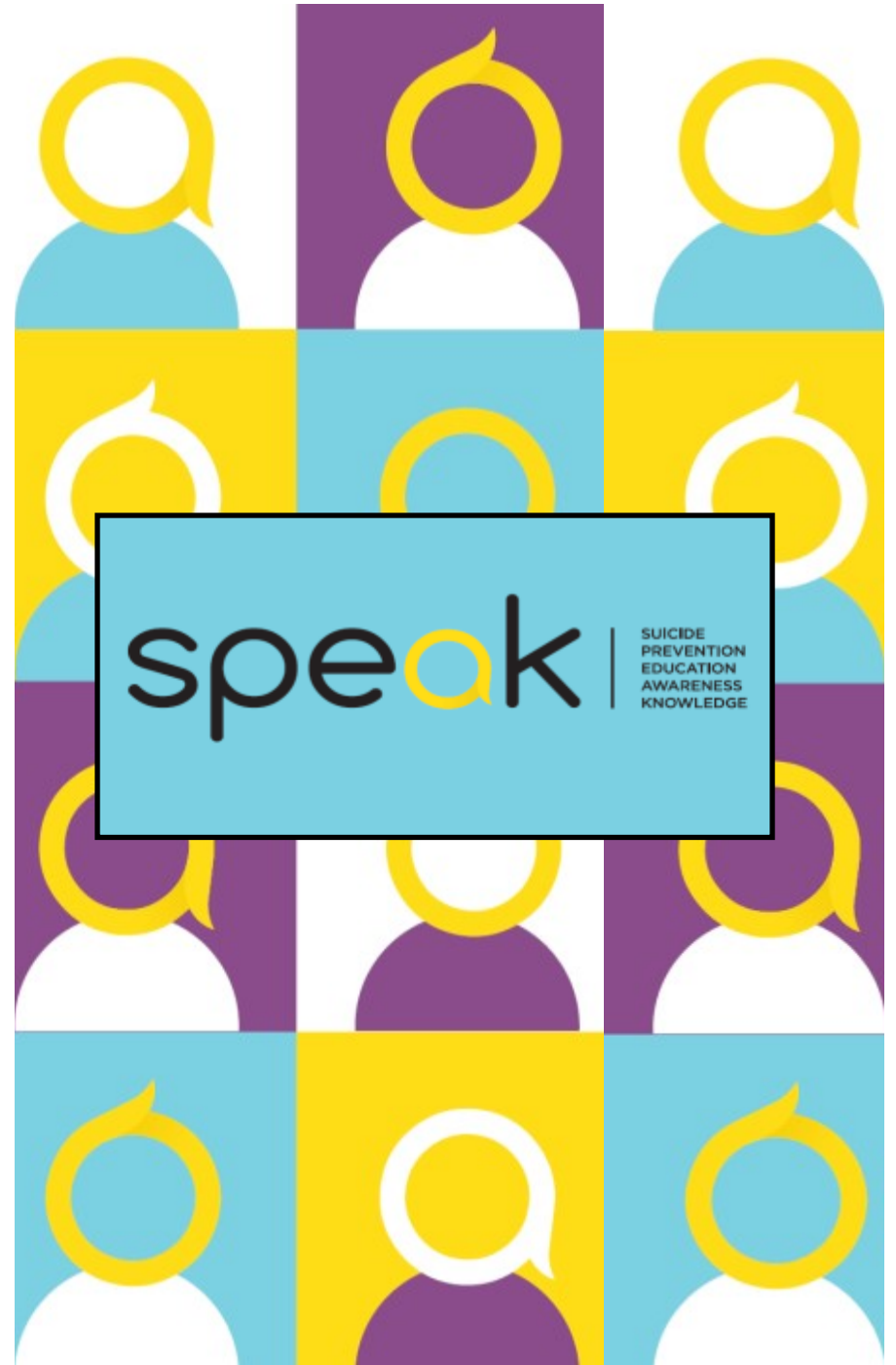
May not be redeemed for cash.

Brighton Youth Commission **speak** 2022 Coupon Book

Offer good through December 31, 2022



Thank You to our Sponsors!



THANK YOU!

Thank you to all who are participating in our SPEAK Week events. As well as a special thanks to those who helped us in the planning and details of the week to make 2022 SPEAK Week a success.

We hope you'll join us at the SPEAK Walk on May 7th at Carmichael Park!

