

WE ARE AWARE

The Latest from Colorado Project AWARE

In this issue

The Work Relationship Key

Behavioral Health Task Force
Unveils Recommendations

Children and Youth Mental
Health Treatment Act

Behavioral Health Administration
Commissioner Hired

In every issue

CO Educator Supports
Opportunities

Evaluate Your Life: News
from Mario

Upcoming Professional
Development

Worth a Listen (Podcast or
Webinar)

The Work Relationship Key: Appreciation

We All Want To Be Recognized and Appreciated...

Oprah Winfrey spoke about this in a powerful way when she gave a commencement speech at Harvard a few years ago:

I have to say that the single most important lesson I learned in 25 years talking every single day to people was that there's a common denominator in our human experience....The common denominator that I found in every single interview is we want to be validated. We want to be understood. I've done over 35,000 interviews in my career. And as soon as that camera shuts off, everyone always turns to me and inevitably, in their own way, asks this question: "Was that OK?" I heard it from President Bush. I heard it from President Obama. I've heard it from heroes and from housewives. I've heard it from victims and perpetrators of crimes. I even heard it from Beyoncé in all of her Beyoncé-ness....[We] all want to know one thing: "Was that OK?" "Did you hear me?" "Do you see me?" "Did what I say mean anything to you?"



To watch the full speech [click here](#).

When we show appreciation to our colleagues, supervisors, and partners, we're more likely to build trust and connect. Here are 3 simple strategies to boost your appreciation skills:

1. Listen.

Sounds simple, and it is. Put down your phone, turn away from your computer, and genuinely listen.

2. Check In.

Teddy Roosevelt is often credited with saying "People don't care how much you know until they know how much you care." No matter who said it, it's such a great reminder. Check in with the people you work with. Asking how they're doing (and meaning it) and what they're challenged by right now can show them that you care.

3. Tell People What You Value About Them.

Do this proactively — not because someone did something great or because you want something from them — is an incredibly powerful gift. It can positively affect how your colleagues feel about themselves, your relationship with them, and the culture of the team.

For Continued Learning For Strengthening Work Relationships: [Click Here](#)

Adapted from [Harvard Business Review](#), 2022

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**COLORADO LGBTQ+
BEHAVIORAL HEALTH**

STATE OF THE STATE SURVEY REPORT

[Click Here to View](#)

Colorado Department of Human Services News

Behavioral Health Transformational Task Force (BHTTF) Unveils Recommendations to Improve Behavioral Health Care:

On Jan. 28, the BHTTF released its final report on their recommendations for using \$450 million in federal American Rescue Plan Act (ARPA) pandemic relief funds to improve access to mental health and substance use disorder treatment. Among the many initiatives, the Task Force recommended investing in increased adult residential care and improving access



to residential care, community services and school-based care for children, youth and families; addressing the behavioral health needs of Colorado's Native American Tribes; integrating primary care with behavioral health care and investing in better care coordination; and expanding and supporting Colorado's behavioral health care workforce. Read the [full report](#).

Children and Youth Mental Health Treatment Act Program Brings Behavioral Health Care to Colorado Families

When a child shows signs of a mental health disorder, it's critical to get them enrolled in services right away. But for many parents, finding the right care can be a long and exhausting process. The State's [Children and Youth Mental Health Treatment Act](#) program connects qualifying families to mental health treatment, a clinical care coordinator and additional services to keep children and families together during treatment. Read how CYMHTA has made a positive difference for one Colorado family on the [OBH blog](#).

BHA Commissioner Hired, Dr. Morgan Medlock

We are excited to announce the appointment of Dr. Morgan Medlock as the new Behavioral Health Commissioner for the State of Colorado. Dr. Medlock began her role on Jan. 18. Her appointment is part of the transformational change being made in Colorado's behavioral health system by the Polis-Primavera Administration. Learn more about Dr.

Medlock in the Governor's [press release](#). We also invite you to view a recent presentation by Dr. Medlock delivered during a National Association of State Mental Health Program Directors webinar titled, "[Centering Racial Equity: The Role of Sustained Community Partnership in Behavioral Health](#)."



Colorado Educator Supports

NEW! [Relationships Self-Paced Module](#) (Length: 19 mins)

- Learn tools to balance a variety of roles
- Understand different ways of communicating in relationships
- Discover strategies for navigating conflict

**Companion Exercises Include: Role Analysis, Battery Exercise for Relationships, Relationship Stress Continuum, Relationship Inventory*



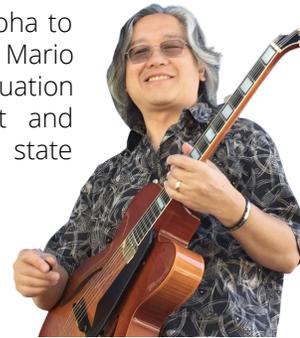
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Evaluate Your Life: News from Mario

Friday February 18th AWARE will say aloha to our colleague and friend, Mario Rivera. Mario has made a lasting impact in his evaluation roles in CDE's Health Wellness Unit and Colorado at-large with his tenure in state agency work!

While Mario leaves large shoes to fill, we are in good hands with our new evaluator, Amy Plog. More to come in next month's edition about Amy!



Upcoming Professional Development

- Feb - Mar [Social Justice Youth Engagement Series](#)
- 2/9 AWARE Panorama PLC Session 2
- 2/10 Intricate Roots Case Consultation Calls
- 2/16 [2022 Positive School Discipline Symposium](#)
- 2/23 [SBIRT Webinar from National Council](#)
- 3/10 Intricate Roots Foundations Session 4
- Coming Soon
 - Kognito Training of Trainers
 - [Well-Being Retreat \(6/1\) In Person!](#)



[Click Here to access the AWARE Workforce Development Document](#)

Worth a Listen

Hidden Brain: What Makes Relationships Thrive
[Click Here](#)



If you'd like to submit something you think is worth a listen or want to highlight something happening in your LEA in upcoming editions email Morgan.

