



# EMPOWERED

Colorado LGBTQ+ Mental Health and Substance Use Disorder Initiative

## Making Goals to Improve Mental Health

January is the start of a new year, and can often be the kick start that our brain needs to commit to making changes in our life. However, **one third of New Year's resolutions don't continue past the end of January**, which can make some wonder if it's worth making them. The answer, of course, is that it is. The key to keeping your resolutions is to make an attainable plan. Many resolutions fail because they aren't realistic. They're something that someone thinks they should do based on what society tells them to change, or because there is no plan in place to hold the goal maker accountable. All of these things hold true when it comes to making goals to promote positive mental health.

Reaching set goals for some may be a daunting and overwhelming task.

This sentiment may resonate with many people as they strive to reach goals for their mental health and wellbeing. However, there are simple and effective steps you can take



to reach your mental health goals. When framing your goals, it's useful to break them down into individual actions like setting priorities, creating short and long-term goals, and using small steps to move forward.

You can also use a **S.M.A.R.T.** framework. Ask yourself how you're planning for your goals and steps to be specific, measurable, attainable, relevant, and timely.

By taking these small steps, you can make great progress towards your mental health goals this month. Remember, you're not alone and you can make strides towards your goals in community! You can find online groups built around supporting one another with reaching goals,

or you can reach out to a friend to hold you accountable. Try out this **goal setting** and **weekly motivator** worksheet this January to better frame your goals and help you stick with them. ●

## NEW STAFF HIGHLIGHT

Help us welcome new staff members to the Envision:You team!



**Brad Barfield** (he/him) is a Program Manager with Envision:You. Brad holds an MBA with a focus in nonprofit management from George Washington University and a Bachelors of Biomedical Engineering from Vanderbilt University. As a proud queer person in recovery with a mental health diagnosis, he is proud and honored to contribute to a mission so aligned with his personal experiences. Brad is an avid reader, hiker, and theater-goer who lives in Denver with his partner Devin and dog Callie.

**Erika Nelson** (she/her) is the Director of Development at Envision:You. She is a graduate of the University of Minnesota and the University of Notre Dame's Mendoza School of Business/Nonprofit Management. She has struggled with her own mental health and substance use disorder and wants to help reduce the stigma of behavioral health challenges to help others live their purpose and thrive. She lives in Arvada with her husband and three children and loves to hike, do any kind of puzzle, bake, and dance.



**Brynne Popp** (she/her) is a Development Coordinator with Envision:You. She has a BA in Design Management with a minor in Hospitality from The University of North Texas. As a member of the LGBTQ+ community, Brynne is passionate about Envision:You's mission and purpose and excited to join the team. In her free time she enjoys several different artistic mediums, beating her friends at board games, and spending all the time she can outside with her cat, Beppo.

## 5 HEALTHY TIPS

...for setting priorities in your life.

- 1 Identify your core values.** What activities, traits, people, etc. matter to you the most?
- 2 Connect your values** with your big goals. What do you want out of life?
- 3 Make a list** of the things you need in life along with your comforting cold weather foods.
- 4 Decide** what small habits you can commit to to support your goals and aspirations.
- 5 Take time to reflect** on your priorities and goals. It's okay if they change!

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## PROGRAM HIGHLIGHT

ENVISION:YOU



**Behavioral Health Provider Training Program**

The **Envision:You LGBTQ+ Behavioral Health Provider Training Program** has been awarded a 2-year grant from the **Caring for Denver Foundation**. The grant will support the development of four new training modules. Each module will be one hour and cover how to provide culturally relevant care to one of these four populations: LGBTQ+ youth, transgender and gender expansive folks, LGBTQ+ communities of color, and LGBTQ+ aging adults.

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