

# NEWSLETTER

## *Glass Lawler Mental Health Edition*



RELEASE DATE  
OCTOBER 6, 2023

[lgbtqcolorado.org/mental-health](https://lgbtqcolorado.org/mental-health)

Your Guide to Being in the Know



### **Your Glass Lawler Mental Health Events - October 2023**

- October 9, 2023
  - 4:00 - 5:30 PM



- October 11, 2023
  - 4:00 - 5:30 PM



- October 16, 2023
  - 4:00 - 5:30 PM



- October 23, 2023
  - 4:00 - 5:30 PM



#### WHAT'S INSIDE?

- Program Events pg. 1
- Introduction to the Program Newsletter pg. 2
- Mental Health Fact of the Month pg. 2
- Launch Party Highlights pg. 3
- Discord Groups pg. 3
- Glass Lawler Spotlight: Bryant Mehay pg. 4-6
- Interest Form for Services pg. 7
- Mindfulness Prompt of the Month pg. 8

[READ MORE](#)

PAGE 1

## Introduction to the Newsletter

# What brought this about?

Welcome to the Glass Lawler Mental Health newsletter!

This newsletter was created to discuss the numerous things Glass Lawler Mental Health will be doing each month. This newsletter will also feature mental health tips and facts, resources, and journaling prompts. Our newest feature is the Glass Lawler Spotlight. This will highlight and bring awareness to other mental health enthusiasts in the Denver area, whether they are mental health professionals, licensed professionals, or community members who exhibit strong character in maintaining and helping those with mental health illnesses.

You may be wondering how Glass Lawler Mental Health came about. The program originated on the good faith and strength of Carmah Lawler and her longtime partner Kathy Glass. Carmah and Kathy were very politically active and involved in organizations such as OLOC, the League of Women Voters, and the Jefferson County Rainbow Democrats. In 2020, Carmah passed away. She left a bequest to The Center on Colfax to provide quality mental health services to those in the LGBTQ+ community at a low cost. We made the decision to use this bequest as seed money to start the Glass Lawler Mental Health Program only few short years after her death.



**Kathy Glass**



**Carmah Lawler**

## MENTAL HEALTH FACT

### Positive Affirmations and the Effects

**“Proven benefits of self-affirmation include a stronger sense of personal worth, less negative self-talk, and reduced anxiety and defensiveness in challenging situations. It may even have a beneficial effect on people dealing with health-deteriorating stress or chronic physical pain.”**

**Brindusa Vanta, MD,  
DHMS**

*We're doing all that we can for gay rights now without worrying about repercussions. We're human beings, we have no fear now and our mayor needed to hear us out.”*

*-Kathy Glass*

[READ MORE](#)

PAGE 2


# Launch Party Highlights










Glass Lawler Mental Health provides **free** therapeutic services to LGBTQ+ adults (18+).

Clients receive culturally responsive and affirming services, including 12 individual counseling sessions with no referral or insurance required. Referral resources to other affirming therapeutic services or community resources will be provided to clients.

Glass Lawler Mental Health also hosts monthly peer support groups and community social events in a welcoming environment.

 [lgbtqcolorado.org/mental-health](https://lgbtqcolorado.org/mental-health)

-   12 free therapy sessions, no insurance or referral needed
-  BIPOC Peer Support
-  STAR AA Peer Support
-  Unhoused Peer Support
-  Coming Out Peer Support
-  Religious Trauma Peer Support

**GET CARE. BE YOU.**  
**THE CENTER ON COLFAX**  
 1301 E. Colfax Ave | Colfax & Lafayette  
 303.733.7743 | [lgbtqcolorado.org](https://lgbtqcolorado.org)

This past month, Glass Lawler Mental Health celebrated its first event - the Glass Lawler Mental Health Launch Party! This celebration marked the official kick off of services offerings to the community. Check out photos from the event to see what a wonderful time it was! The launch party featured a performance from Camila Spanic, tabling from several community organizations who we work with for referrals, food, mocktails, a viewing of the program webpage going live, and many other things. Check out more photos from the event on our Flickr by scanning the QR code!



## DISCORD GROUPS

Need an ONLINE community? We have discord groups for all for all of our peer support groups. These groups were created to further increase accessibility for our community and form supportive groups of like-minded individuals. Scan the QR code to join our Discord server!



Welcome to  
**Glass Lawler Mental Health**  
 Program's server

[READ MORE](#)

PAGE 3

# Glass Lawler Spotlight

## Bryant Mehay (he/they)

Welcome to the Glass Lawler Spotlight section of our newsletter! This month, Jaylin Goodloe (she/her) sat down with Bryant Mehay (he/they), the Coordinator of Disability and Elder Services for The Center's West of 50 program and the Disability Program.

**Jaylin Goodloe:** How are you today?

**Bryant Mehay:** OK.

**JG:** Thank you for taking the time to be our Glass Lawler Spotlight for October! How does it feel to be chosen as the our first recipient of the Glass Lawler Spotlight?

**BM:** I'm so honored! *\*Laughs\** I feel very grateful to be considered, and I'm interested to see where the program continues.

**JG:** In what ways do you feel like helping others with their mental health has helped you?

**BM:** You know, back at Bradfood Woods, which is the summer camp that I worked at, one of the shirts had a saying on it. The quote was from Gandhi, and it said "*The best way to find yourself is to lose yourself in the service of others.*" Through that experience of being an advocate for both the fun of summer camp, and for learning about yourself and how to manage outside of camp, I really did find who I was; what I was interested in pursuing in life and what I felt very passionate about. So you know, I feel like that's just part of the motto I live my life by.

**JG:** That's a good answer, thank you for that. How have the programs that you have been a part of helped others with their mental health?



**BM:** One of the biggest things [West of 50] is doing right now is surveys to get community feedback about the different activities and programs our members have gone to. Some of the biggest feedback we've gotten is about forming social connections, developing community, and creating space that people feel like is meant for them. As queer older adults, there's not a lot of spaces that are made for them. I feel like having a space designed specifically for them that considers all of the things they need has a tremendous impact on its own. The impact is only furthered by all the activities and skills learned in specific programs, and that's just another step in the right direction. I really feel like the community and connection have created some of the biggest mental health boosts for our community members.

*(cont. on pg. 5)*

# Glass Lawler Spotlight

## *Bryant Mehay (he/they)*

**JG:** What is your favorite thing to do to take care of your own mental health?

**BM:** I would say in general, getting outside and being physical - like going for a bike ride. I live by Cheesman Park, and going for walks has helped. One thing I have found that helps in a journaling aspect has been a gratitude journal that I have had since about June 2020.

**JG:** Oh wow.

**BM:** I've had this same gratitude journal for a really long time and I've found that one of the things that really helps my mental health is focusing on gratitude and finding what I'm grateful for in my life and putting it down on paper so I can look back and see all the things I am grateful for.

**JG:** Yeah, that's good. I have always liked mindfulness and any kind of technique that shows you or helps you live better.

**BM:** I recommend it. It's good. It's really good.

**JG:** Could you tell us more about drama therapy and what inspired you to pursue it?

**BM:** I got my start doing therapeutic theater programming when I was at Bradford Woods and I have seen the therapeutic benefit of theater within myself. When I was in undergrad, I started getting involved with it. Being around theater people and being able to be dramatic and performative really helped me become more of who I am and come out of my shell. I didn't find out about drama therapy as a profession until I had graduated with a degree in Recreational Therapy. I had a friend who went through the same program I ended up going to, and she really recommended it to me and said it would be perfect fit. I think its such an interesting therapy modality to not only get to talk through your stories and experiences, but then be able to express it and perform different solutions, so that you can practice what you eventually want to bring into your real life.

**JG:** That's good. Could you tell us more about the Disability Program and West of 50 and in what ways mental health is a part of the programs?

**BM:** The Disability Program currently has two recurring programs - we have the hybrid Disability Peer Support Group that meets ever Friday, 1:30 - 3:00 PM , and then our Sexuality & Disability program which meets on the third Monday of each month from 5:30 - 7:00 PM. West of 50 has been around for so long, and I went into this wanting to use it as a model for how to get the Disability Program started. I really wanted to start with just peer support spaces so people could get together, connect, and resource share. I think much like with West of 50, there's been this inherent idea that if we create a space specifically for people, they will find that space and will find therapeutic mental health benefits just from being in community and being able to talk to someone who shares their experiences. Sexuality & Disability came out of conversations with our community members who expressed the need for more accessible sexual health information. This is part of the holistic view of the different avenues of health - if your sexual health is being denied, your physical and mental health are being affected as well. There's so many ways to define health. Having an avenue to connect with people who share your experiences is so inherently mentally healthy. West of 50 has been around for a really long time and has grown a lot since Jason and I have been working together. So overall with the Disability Program, we are finding ways to address the community's needs. Beyond just doing the basics, we are finding what brings the community joy - like arts, music, and field trips. It's not just about being a supportive space for times of crisis. It's about broadening and building on the high points, too.

*(cont. on pg. 6)*

# Glass Lawler Spotlight

## *Bryant Mehay (he/they)*

**JG:** That's a great answer. What fuels your drive to support others in their mental health?

**BM:** I keep going back to Bradford Woods, but honestly it was one of the most transformative experiences of my life. Getting to work there lead me to finding the joy of providing and being in service to others. I just think that it's something I have found a calling for in life and that I really enjoy doing. I really enjoy seeing my community members coming back and saying things like "This was fabulous. I've gained from this, and I've gotten to learn about myself, about others, or something I've never even heard of before through these programs." Being able to be an avenue for that sort of growth is what I'm meant to do.

**JG:** What do you think is the hardest thing about taking care of your mental health?

**BM:** The fact that there's never an "All good, I'm done," you know? There's never an "Alright, I'm mentally healthy and I will stay that way for the rest of my life." There's no end point in mental health. There's events and moments and emotions. It is a continually shifting nebulous concept and there's so many factors that go into it. I think the hardest thing is that sometimes people come to therapy searching for a solution and there's not a solution. As a therapist, one of the first things you learn is that you cannot hand someone the solution, simply because there isn't one. Yes, there are tools and there are ways to learn how to deal with things and all that, but there's never a true end point in mental health. That's a hard concept for people to grasp sometimes.

**JG:** Yeah, I can understand that. I got about two more questions. If you could be in any animal in the world, what animal would you be?

**BM:** That's a hard one. I think probably something that could fly; something at the top of the food chain that can fly so I don't have to worry about getting eaten by, like, a hawk. Like something that no other bird messes around with. So yeah, I'd say something like a hawk.

**JG:** Is there anything you would like to share with the community about the work that you are doing? Any events or anything?

**BM:** I would say specifically the West of 50 Holiday Party and Art Show coming up. That's going to be on December 8th. It's a really wonderful time with community, artwork, entertainment, food, and holiday celebratory joy! For people who are especially interested in the West of 50 programming, I would note that our programming is designed for people who are 50+, but anyone 21+ is welcome to attend. We encourage people of all ages to come and participate, meet the community members, and grow as a person. If you find something that is of interest to you, come check it out and see what its all about!

You can learn more about West of 50 and its programming at [lgbtqcolorado.org/westof50](https://lgbtqcolorado.org/westof50)

*Stay tuned for more Glass Lawler Spotlights in our upcoming monthly newsletters!*

# Interest Form for Mental Health Services

Are you in need of therapeutic services? Using our new webpage on The Center's website, you can sign up to receive services from Glass Lawler Mental Health. Once you are deemed eligible for our services, you will be asked to complete an intake form to determine what you'd like to focus on in your therapy sessions and the severity of your symptoms. All scheduling will also be completed using Simple Practice. Scan the QR code to complete the form!



## Glass Lawler Mental Health: Interest Form

Thank you for your interest in Glass Lawler Mental Health! Please fill out this form if you are interested in being contacted about receiving **free** therapeutic services through our program in the near future.

First Name*	Last Name*
<input type="text"/>	<input type="text"/>
Email Address*	Phone Number*
<input type="text"/>	<input type="text" value="555-555-5555"/>
Are you seeking free mental health services?*	
<input type="text" value="Choose one..."/>	
I acknowledge that this form is only to be filled out by those seeking and consenting to free mental health services by The Center on Colfax's Glass Lawler Mental Health program.*	
<input type="text" value="Choose one..."/>	

We will never share your email address. Ever.

[SIGN UP](#)

[READ MORE](#)

PAGE 7

