



2Succeed™ Connection

Interested in 2Succeed
 Contact Tosha Foreman @
Tosha.foreman@mhcd.org



Begin the New Year with a wide variety of [online classes](#) pg 2-7.
 Needing tech assistance with online courses please see [FAQ](#) on pg 8
 or email pedro.cruz@mhcd.org

CONTENTS

CLASS SCHEDULE	2-7
CLASS OVERVIEW	7-8
FREQUENTLY ASKED QUESTIONS	8-9
EMPLOYMENT NEWS & CULINARY	10
STAFF DIRECTORY & SOCIAL EVENTS	11
SELF CARE & SAFETY	12

The New Year presents itself on January 1st, 2021

We are happy to help you get off to a good start in all things related to wellness! Here are a couple of websites that are offering AA/NA support groups in becoming clean and sober, staying free from substances, getting a jump on a New Years' goal of becoming alcohol or drug free and overall support in leading a healthier lifestyle.

[\[https://daccas.org/meetings\]](https://daccas.org/meetings) [\[https://virtual-na.org/meetings\]](https://virtual-na.org/meetings)

New Year's Jackbox Games

[January 1st, 2021 2-4pm]
 with Doug, Sarah, and Ray
[\[Click Here to Join\]](#) 422 986 894#

INFO

2Succeed in Education and Employment

Mental Health Center of Denver
Rehabilitation Services

456 Bannock Street
Denver, CO 80204
303-504-1700



2Succeed Class Schedule

(click the Class Name to join online via Microsoft Teams)
(or call 1-720-625-8684 and then when prompted enter the conference ID number provided on far right in row)

[\[HAVING PROBLEMS? SEE DETAILS / FAQ\]](#)

[\[MONDAY\]](#) [\[TUESDAY\]](#) [\[WEDNESDAY\]](#) [\[THURSDAY\]](#) [\[FRIDAY\]](#)

MONDAY

8:30		ServSafe/Food Handler		Candice/Drake		695 761 805
9:00		What's Your Biz		Vanessa		147 423 133
10:00		Coffee Club		Janelle		784 669 723
10:00		Yoga Nidra-Guided Meditation		Steph		410 886 486
10:00		GSuite Office Software (i)		Doug		515 805 255
Learn free office software with your gmail account, works much like and compatible with Microsoft Office.						
10:30		Writers Workshop		Ray		827 887 589
11:00		Building You		Zach		664 177 374

11:00	Sassy Seat	Meredith	158 446 627
11:30	Culinary	Drake/Candice	291 250 069
1:00	Culture & Faith Group	Marie/Drake/Candice	426 734 990
1:00	Basic Spanish	Marbella	565 766 664
1:00	Nutrition	Ray	179 771 110
1:00	Brain Games	Janelle	977 786 899
2:00	Bible Study	Janelle	186 283 898
2:00	Bronco Talk	Ray	250 798 224
3:00	Harmonica	Sarah	493 716 581
3:00	Mystery Science Theater	Doug/Jasmine	817 986 888
Come watch, comment and laugh with others in unique video offerings of MST-3000 type content			
3:00	Queer Support Group	Selene/Steven	865 064 509
* Open to people we serve that identify as or are questioning if they may be part of the LGBTQ+ community.			
4:00	Meditation	Sarah	806 545 25

TUESDAY

8:30	ServSafe/Food Handler	Candice/Drake	389 896 550
9:30	Laughter Yoga	Ray	294 761 313
10:00	Strategies to Wellness	Marbella	172 731 324
10:00	Supportive Reading	Meredith	343 125 36
10:00	Pre-Algebra	BB	469 476 845

10:00	Supportive Reading	Meredith	343 125 36
11:00	Cooking on a Budget	Zach	405 562 189
11:00	Liberal Arts Math	BB	130 625 302
11:30	Culinary	Drake/Candice	291 250 069
1:00	Life Skills 2 (topics)	Kathy	358 098 794
1:30	Cultural Awareness	BB	118 601 483
3:00	Art for Relaxation	Kristin	159 676 816
3:00	Lets Talk About It	Vanessa	926 462 55
4:00	Movie Night	Doug/Marbella	877 625 153
Participate in our weekly Movie Night! Interact with others via chat through Microsoft Teams during feature			

WEDNESDAY

8:30	ServSafe Managers	Candice/Drake	695 761 805
9:00	Bible Study	Janelle	890 663 431
10:00	Strategies to Wellness	Marbella	172 731 324
10:00	Morning Meditation & Journaling	Steph	294 415 173
10:00	Sassy Seat	Meredith	774 598 70
10:00	Morning Exercise	Janelle	730 858 393
10:30	Amateur Photography Community	Zach	246 880 941
11:00	Math	BB	116 914 805

11:00	Me First	Vanessa	707 690 765
11:30	Culinary	Drake/Candice	291 250 069
1:00	Basic Spanish	Marbella	565 766 664
1:00	Academic Lab	Meredith	459 937 476
1:00	Art Forum	Kristin	559 352 846
1:00	Gardening Class	BB	464 688 006
1:30	Life Skills (topics)	Kathy	482 496 879
1:30	Healing Through Hope	Zach/Candice	648 863 259
2:00	Music History	Sarah	190-270-649
3:00	Lets Talk About It	Vanessa	138 164 319
3:00	Open Mic <small>(call in below)</small>	Steph/Kristin	+1 669 900 9128 US Meeting ID: 931 7757

THURSDAY

8:30	ServSafe/Food Handler	Candice/Drake	389 896 550
9:00	Student Support	Kathy/Kristin	170 824 494
9:00	Tutoring	BB	518 500 291
10:00	Coffee Club	Meredith	786 483 424
10:00	Let's Go Virtual Travel	Steph	793 711 682
10:00	Morning Exercise	Janelle	218 863 771

10:30	<u>2Succeed Orientation</u>		<u>Vanessa/Chris</u>		182 045 903
10:30	<u>Creative Writing</u>		<u>BB/Shanah</u>		571 905 415
11:00	<u>Name that Tune</u>		<u>Janelle</u>		899 731 368
Participate in musical trivia by guessing which song is played and the artist. Prizes given monthly!					
11:00	<u>Ted Talk & Discussion</u>		<u>Steph</u>		400 085 874
11:00	<u>Diabetes Maintenance</u>		<u>Ray</u>		149 622 269
11:30	<u>Culinary</u>		<u>Drake/Candice</u>		291 250 069
2:30	<u>High School Math</u>		<u>BB</u>		681 568 969
3:00	<u>Anime Club</u>		<u>Doug / Selene / Drake</u>		927 755 240
Watch and suggest story arcs from some of your favorite anime series and link up with other anime fans.					
4:00	<u>Tutoring at 2Succeed</u>		<u>BB</u>		941 135 627
5:00	<u>Social Hour</u>		<u>Doug</u>		830 803 218
Participate in our weekly Social Hour! Well attended trivia and 20 questions type games for fun social interaction.					

FRIDAY

8:30	<u>ServSafe/Food Handler</u>		<u>Candice/Drake</u>		695 761 805
9:00	<u>Leadership in Wellbeing</u>		<u>Kathy/Kristin</u>		881 029 000
10:00	<u>Computer Programming</u>		<u>Doug</u>		658 098 222
Entry Level Javascript Programming Course with some Web Development topics presented as well.					
10:00	<u>Sassy Seat</u>		<u>Meredith</u>		923 916 159
10:00	<u>Liberal Arts Math</u>		<u>BB</u>		466 066 618
10:00	<u>Morning Stretching</u>		<u>Janelle</u>		997 310 668

11:00 | [DIY](#) | [Janelle](#) | 129 427 454

Make things using stuff you have at home for the DIY class

11:00 | [Algebra](#) | [BB](#) | 429 646 969

11:00 | [Community Forum](#) | [Vanessa](#) | 986 413 220

11:30 | [Culinary](#) | [Drake/Candice](#) | 291 250 069

12:00 | [Tutoring](#) | [BB](#) | 754 793 343

1:00 | [Guitar](#) | [Ray](#) | 845 189 632

1:00 | [Gratitude and Wellbeing](#) | [Janelle](#) | 167 448 418

2:00 | [Video Game \(Jackbox\)](#) | [Doug / Sarah](#) | 422 986 894

Come play or watch online Jackbox games, no software needed, Games are hosted by 2Succeed... see [How to Play](#)

4:00 | [Online Bingo \(more info\)](#) | [Meredith/Doug](#) | 616 536 22

Bingo with Prizes! Playable cards can be mailed to you or are available at <https://2succeed.github.io/bingo/>

Open Mic Dial In Zoom Meeting Information:

Phone +1 669 900 9128 US

Meeting ID: 931 7757 8637

Passcode: 622843

2Succeed in Education: Class Overview

2Succeed in Education is a psychiatric rehabilitation and supported education program that offers adults the opportunity to participate in a variety of classes and activities or receive individual support to pursue one's desired recovery goals. The program is designed to strengthen and broaden a person's knowledge of the physical, intellectual, emotional and social practices that will enhance their wellbeing.

Community Supported Education helps individuals who are interested in pursuing education or training in the community, by providing support and helping navigate the process from beginning to end; identifying strengths and barriers, providing long term support while in school or a training program, celebrating successes and supporting individuals in achieving their academic goals.

Adult Education classes are provided to help build skills for community education or career pursuits. We offer a variety of classes in computers, reading, math, Spanish, and writing, as well as, tutoring in several subjects. We also assist with both in house and community-based volunteering opportunities to further explore and prepare for careers.

Culinary Training offers an opportunity to gain valuable, paid, on-the-job training while preparing and providing nutritious meals within Sally's Café, an operating restaurant at 2Succeed. The training offers participants the chance to see how a functioning food service entity runs and explore different job areas they might be interested in pursuing in the community.

Studio Art provides people with materials and instruction, as well, as a spacious and welcoming art studio to create many different forms of visual art. We assist artists in using art as a creative expression as part of a person's journey in recovery. Working as a bridge to the community, we help our artists show and sell their work at different venues around Denver.

Music and Performing Art gives people the opportunity to participate in a variety of music experiences and groups to enhance skills, quality of life, and practice for in house and community-based performances. We provide people of all skill levels and abilities with an environment that promotes their own musical or performing expression.

Wellness offerings provide individuals with opportunities to engage in a variety of classes, groups and experiences to enhance one's own physical, spiritual, social and community wellbeing. We offer an in house fitness center and group studio, as well as, several weekly outings to community-based gyms and classes. We offer frequent outings to cultural events, opportunities to connect with nature and explore the community. Other classes and activities you might expect to find assist people with nutrition, budgeting, life skills, leadership, or support for a variety of topics.

Details / FAQ

Participants must be part of 2Succeed to attend and fill out [Consent for TeleHealth Services](#)

If you're interested in joining 2Succeed to attend classes please email tosha.foreman@mhcd.org to have a virtual orientation set up.

Contact the instructor for more class info by calling 303-504-1700 and asking to leave a voicemail or by clicking their [blue name](#) above and email. Your message should be returned promptly.

TO JOIN ONLINE CLASSES BY PHONE:

Dial 1-720-625-8684 and then when prompted enter the class conference ID number (provided to far right in row)

INSTRUCTIONS ON HOW TO JOIN ONLINE CLASSES:

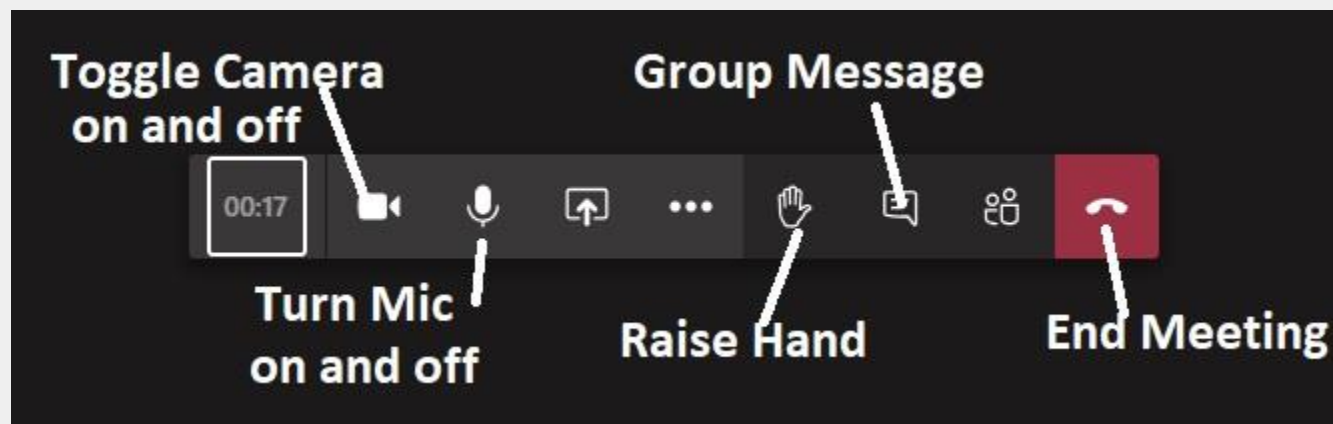
ON PC:

- Do not install Teams Software
- Click Class Name on Schedule you wish to Attend
- Click “join on the web instead” or “join in this browser instead” or “use teams on Microsoft Edge” or other variant as options vary depending on Browser
 - Allow access to mic and camera if applicable
 - Type Desired Name for meeting and click “join now”

ON MOBILE:

- Install Teams App (via App Store for iPhone or via Google Play Store for Android)
 - Don't configure or Sign In on the Teams App itself
- Click Class Name Above or Join Microsoft Teams Meeting if invite came from an email
 - Allow access to mic and camera
 - Scroll Down Click “Join Meeting”, or “Join as Guest”**
 - Type Name if first time and click “Done”:
- ** if these options are not there you must close and reopen Microsoft Teams App and retry from Class Name

Quick Reference to Teams Controls



STILL HAVING PROBLEMS?

email pedro.cruz@mhcd.org for over the phone troubleshooting

2Succeed in Employment: News and Culinary



If Interested to:

- Find and maintain a regular or full time competitive job in the community
- create a Resume and write efficient cover letters
- learn how to search and apply for jobs on-line
- prepare for job interviews and
- attain job stability to maintain a job

The **Supported Employment Program at 2Succeed** will collaborate with you to help you attain your employment goals. Our employment program follows the Individual Placement Support (IPS) model which focuses on your strengths, skills, abilities, interests and how to overcome barriers to help you achieve your employment goals. Our programs works in collaboration with the **Division of Vocational Rehabilitation (DVR)** to assist participants with additional services and support to attain your employment goals.

The Intake Process Involves:

- one or two telephone or video appointments to complete an application and a vocational assessment
- providing an electronic copy of your current (not expired) State Photo Id, your employment history and if you receive Social Security (SS) benefits, providing an electronic copy of your recent SS benefits award letter.
- meeting with your Employment Specialist (ES) consistently and at least twice a month to work on attaining your employment goals
- having a Social Security card and if not a United States citizen providing a copy of your current (not expired) Authorization card to work in the United States
- after a job is found, continue meeting with ES to attain job stability and be able to maintain a job at least three to 6 months or longer



If interested in Supported Employment services, please contact: **Chris Winslow at 303-504-1728 or Maritza Ovalles at 303-504-1727** to schedule an intake appointment. Thank You!

2Succeed Phone Directory

Dial (303)-504 and then the individuals listed four digit extension to call them directly

Management

Peer Support

1740	Eastman, Heidi	Rm 206	VP Rehab	1751	Wang, Marie	Rm 107	Voc Supervisor
1773	Fair, Gary	Rm 213a	Program Mgr/ Peer	1735	Echtemeyer, John	Rm 108	Peer Specialist
1730	Foreman, Tosha	Rm 207	Program Mgr/ Edu	1735	Haden, Steven	Rm 108	Peer Specialist
1726	Justice, Michael	Rm 224	Program Mgr/ Emp	1735	Printz, Daphine	Rm 108	Peer Specialist
1716	Taylor, Shahn	Rm 227	Program Mgr/ Emp	1735	Reonquillo, Yendi	Rm 108	Peer Specialist
1770	Cruz, Pedro	Rm 209	Executive Assistant				
1724	Myers, Marbella	Rm 215	AProgram Mgr/ Edu				
1749	McClure, Grif	Rm 113	Photo Voice				

Education Team

Employment Team

1756	Ahaneku, BB	Rm 211	Edu Counselor	1727	Ovalles, Martiza	Rm 229	Intake Coord
1743	Broadwell, Sarah	Rm 234	Edu Counselor	1728	Winslow, Chris	Rm 222	Intake Coord
1746	Ehret, Kathy	Rm 113	Edu Counselor	1748	Bray, Sarah	Rm 218	Emp Specialist
1754	Elise, Kristin	Rm 118A	Edu Counselor	1722	Breeden, Jasmine	Rm 226	Emp Specialist
1731	Hassell, Janelle	Rm 211	Edu Counselor	1742	Chatterton, Darlene	Rm 235	Emp Specialist
1725	Michalski, Zachary	Rm 217	Edu Counselor	1757	DVR/Benefits	Rm 230	Employment
1705	Mills, Meredith	Rm 110	Edu Counselor	1717	Emerson, Samantha	Rm 223	Emp Specialist
1758	Reed, Doug	Rm 204	Edu Counselor	1712	Harrington, Alyssa	Rm 218	Emp Specialist

1777	Sedillo, Ray	Rm 251	Edu Counselor	1720	Huber, Deseree	Rm 221	Emp Specialist
1747	Snelgrove, Stephanie	Rm 217	Edu Counselor	1718	Kropp, Amberley	Rm 233	Emp Specialist
1759	Valdez, Vanessa	Rm 234	Peer Specialist	1734	Printz, Priscilla	Rm 214	Emp Specialist
1772	Louie, Drake	Rm 236	Culinary Team	1737	Sisco, Cheryl	Rm 213B	Emp Specialist
1765	Vigil, Candice	Rm 236	Culinary Team	1714	Stenberg, Talia	Rm 221B	Emp Specialist
1700	Riordan, Martha	Front	Front Desk Admin.	1721	Turner, Ronald	Rm 226	Emp Specialist
1736	Salazar, Lucrecia	Rm 212	Admin. Assistant	1738	Tyler, Jeane	Rm 216	Emp Specialist
1745	Yeada, Ed	Rm 212	Admin. Assistant	1769	Zucker, Shanah	Rm 225	Emp Specialist

Self-Care & Safety

COVID-19 Safety Reminders The COVID-19 pandemic continues to impact Colorado, with the COVID-19 positivity rate rising to over 5% This is the highest this rate has been in the state since the start of the pandemic. It is important that we continue to make good decisions in the activities that we engage in. You can use the chart from CDPHE below to help understand the risk level of different social activities.

RISKS AND BENEFITS



CONSIDERATIONS FOR SOCIAL ACTIVITIES DURING COVID-19

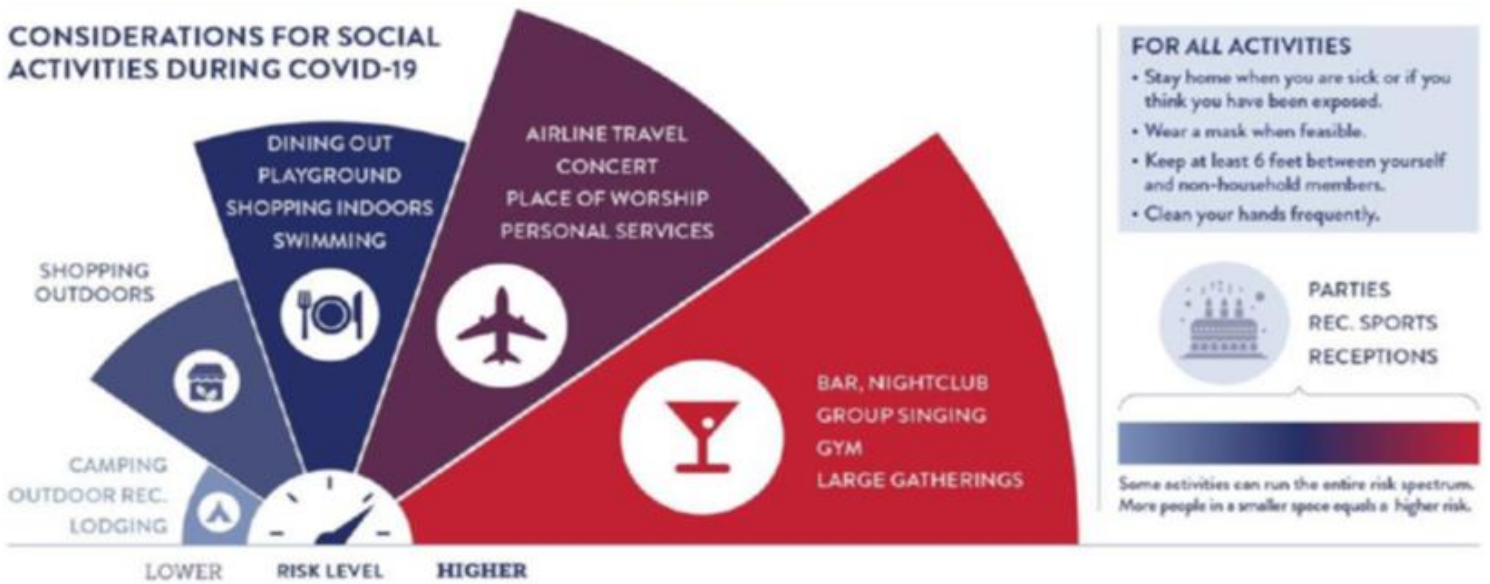


Photo credit of Colorado Department of Public Health and Environment (CDPHE)

Everyone should continue to practice physical distancing of 6 feet, wearing a mask, and frequent hand washing. As a reminder, Mental Health Center of Denver staff must also comply with the COVID-19 Safety Protocol for Staff anytime you are in our buildings for work which includes taking their temperature and monitoring possible symptoms on a daily basis. Photo credit of Colorado Department of Public Health and Environment (CDPHE)