

spea**q**

SUICIDE PREVENTION EDUCATION AWARENESS KNOWLEDGE

WEEK

10th Anniversary!

APRIL 26 - 30

WALK

MAY 1

AT CARMICHAEL PARK

650 SOUTHERN ST, BRIGHTON

SPEAK5K.ORG

FOR MORE INFO & SCHEDULE OF WALK WAVES



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 10th 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 eighth in the nation for the number of youth suicides, and 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 5K 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.

No one could've predicted the year 2020 has been. A global pandemic along with social justice movements across the country have had tremendous impacts on people of every age, race and gender. Mental health has been an even bigger concern this year due to isolation, fear of the unknown and continually adapting in ways we never could've imagined. This has had a direct affect on children and adult's emotional well-being. We are grateful to be able to continue with our annual SPEAK Week and SPEAK Walk. We want everyone to know that even though we've been apart this year you are not alone. Thank you to all of those involved for joining the Brighton Youth Commission on our journey to save lives.



leadership
Teamwork
IMPACT
Diversity
growth
service
influence
exciting

The Youth Corps is dedicated to providing the City of Brighton with a group of dedicated volunteers that will help serve their community.



brightonyouthcommission.org



April 2021

Dear Adult,

I am reaching out to you on behalf of all teens who feel misunderstood, isolated, and lost.

It's hard for us to reach out to you and other adults in our lives because we feel like you might judge us, or invalidate the way we feel.

We would like to feel more comfortable with reaching out, but that would need a bit of help from you. We need you to watch the videos attached below. They were made to help adults understand life from our point of view, and what they can do to support us.

I hope you take this step to potentially save a life. We are counting on you!

Parent Guide Video: <https://www.youtube.com/watch?v=XKapBWnQEEM>

[v=XKapBWnQEEM](https://www.youtube.com/watch?v=XKapBWnQEEM)

S.P.E.A.K. Video: https://youtube/1U_usqZFqxE

Thank you so much,

A Teen In Your Life



RESOURCES

Safe-2-Tell

1-877-542-7233

Community Reach Center

(303)853-3600

The Pennock Center for Counseling

(303)655-9065

The Richard Lambert Foundation

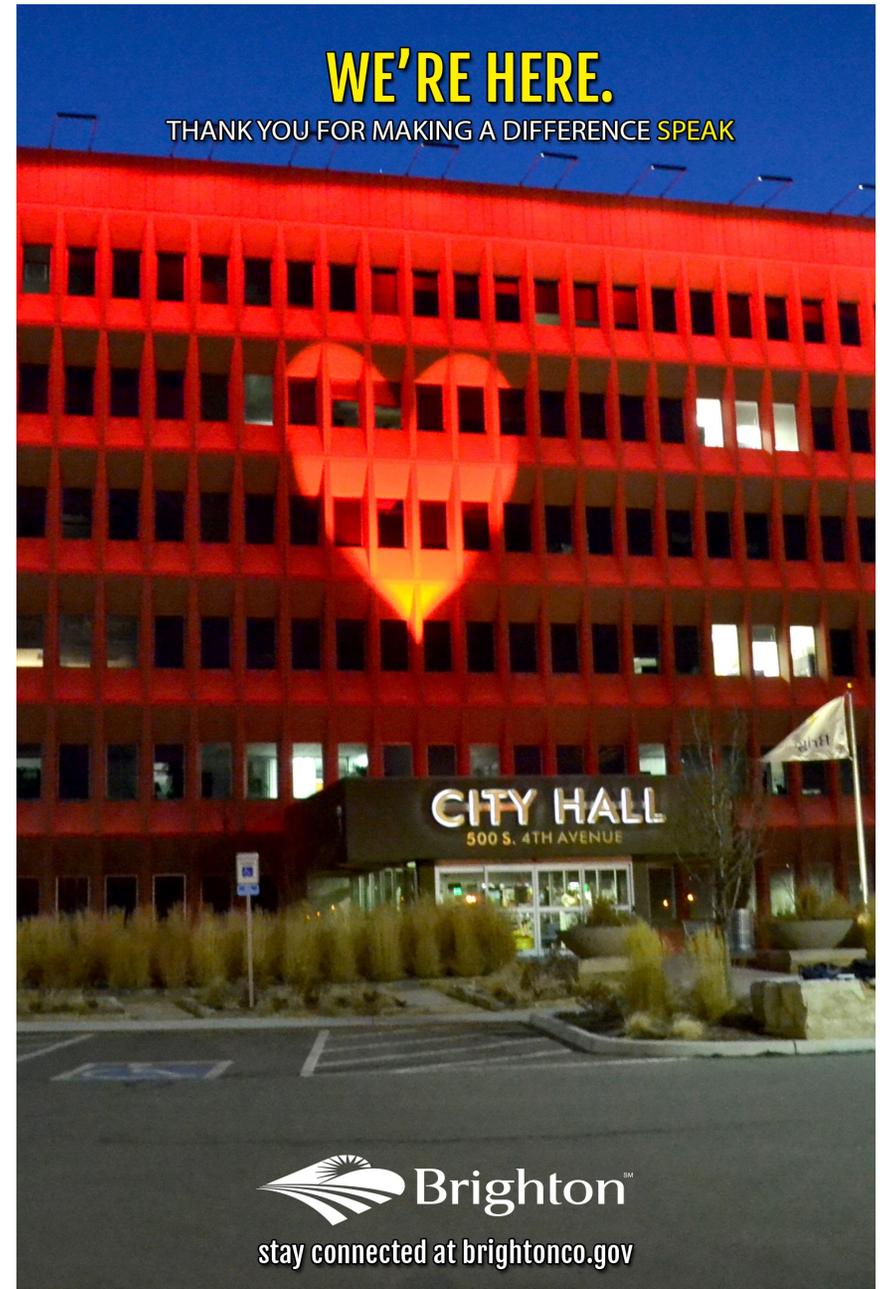
(303)875-2347

You Have Options

(303)655-2301

**let it hurt
then let it go**

-r.h. Sin



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.

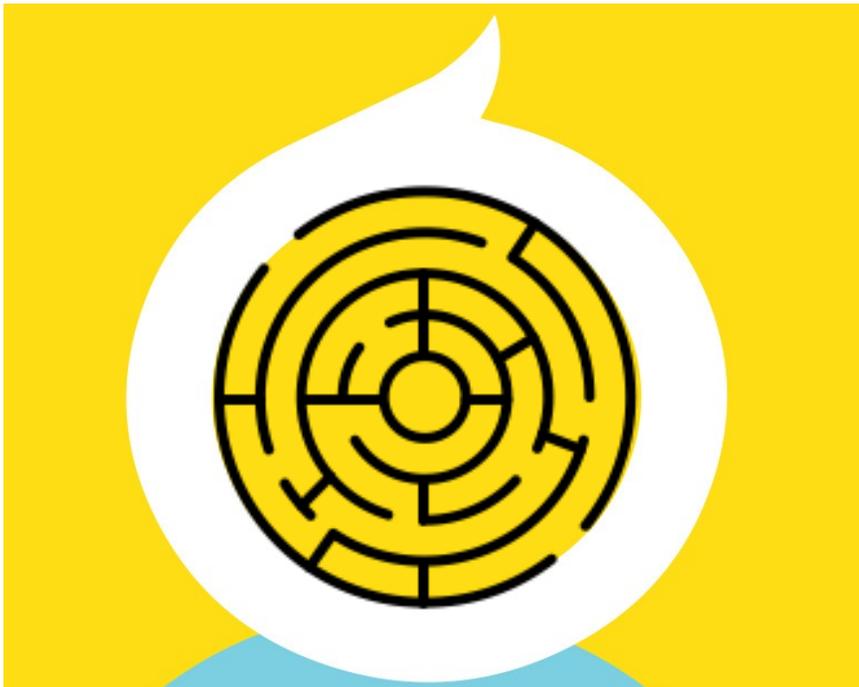
Use good coping tools. Intentionally plan to engage in regular practices of mindfulness, deep breathing, journaling, meditation, or other spiritual practices that keep you grounded.

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.

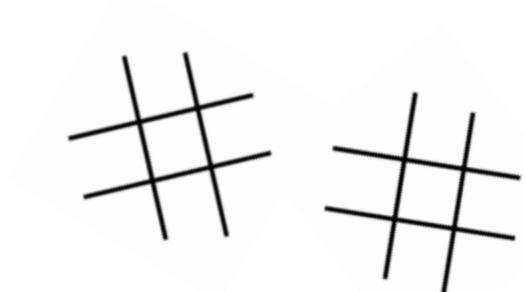
“One day at a time.”



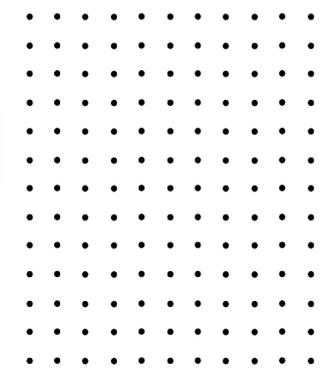
Weekday Self-Care BINGO

EXPLORE Somewhere New	TEN DEEP Breaths	Play with a PET	Get Out of BED	Use a COPING SKILL
FIVE Glasses Of Water	Try a MEDITATION	5 Minute DANCE Party	SOAK In the Sunshine	Take a RELAXING Bath
Go for a WALK	SHOWER DRESS Make Up	LOVE Yourself	LIMIT Your Screen Time for ONE Day	Listen to Your FAVORITE Song
Accomplish ONE To-Do Item	CHAT with Friends	Have FUN	Enjoy Your FAVORITE Smoothie	Replace Negativity with POSITIVITY
8 HOURS of Sleep	HUG Someone	CHALLENGE Negative Thoughts	Do Something NICE	ENJOY Dessert

“Happiness can be found in even the darkest of times, if one only remembers to turn on the light.”
-Albus Dumbledore, from Harry Potter and the Prisoner of Azkaban

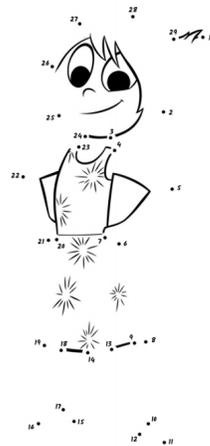


DOTS & BOXES



Connect the dots

Start at 1 and connect the dots to finish this picture. Have fun!



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

LIST 3**SOURCES OF STRENGTH****FOR YOU:****1.****2.****3.**

**“If you are broken, you do not
have to stay broken.”**

-Selena Gomez





SELF-CARE BATTERY

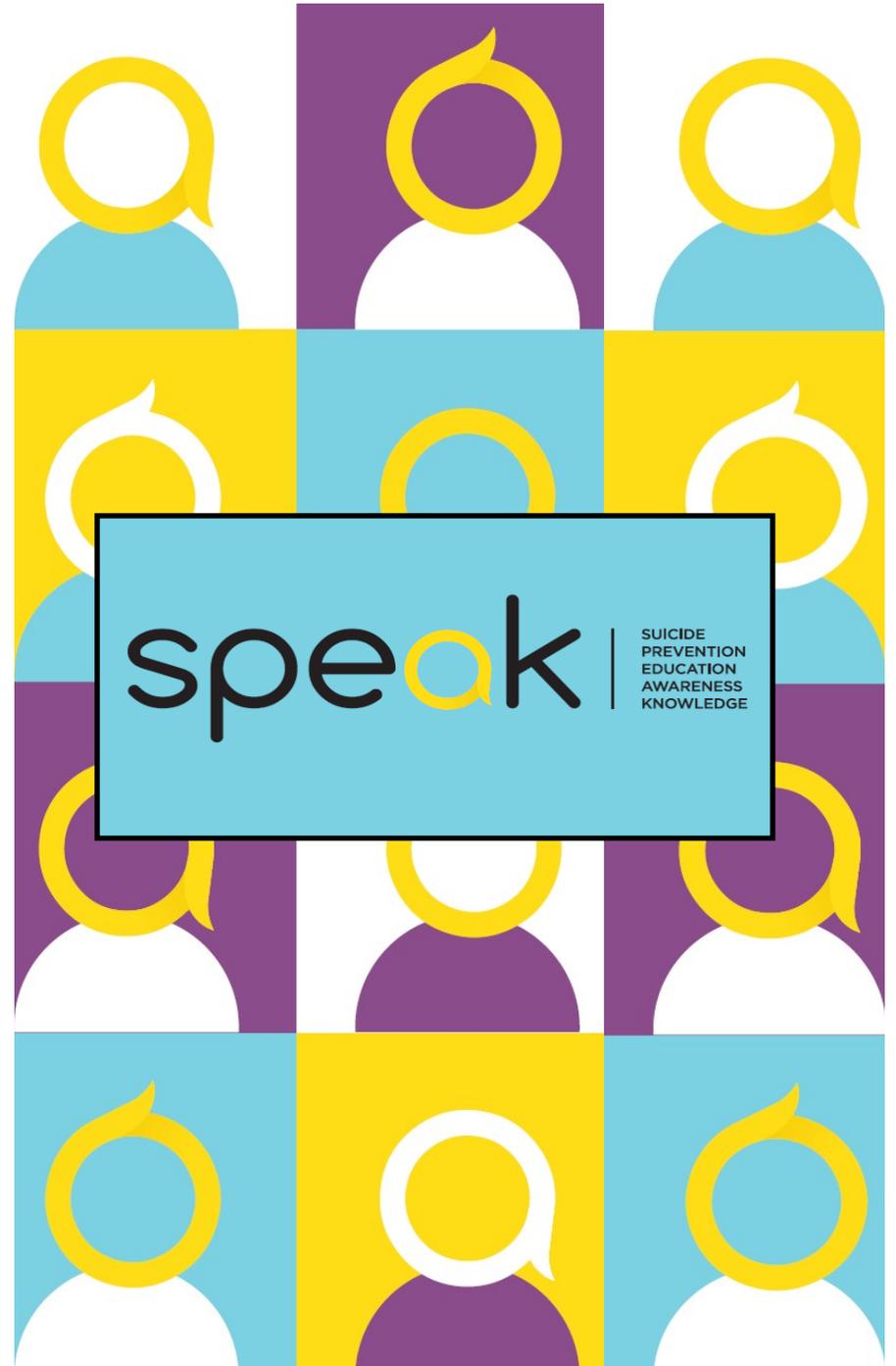
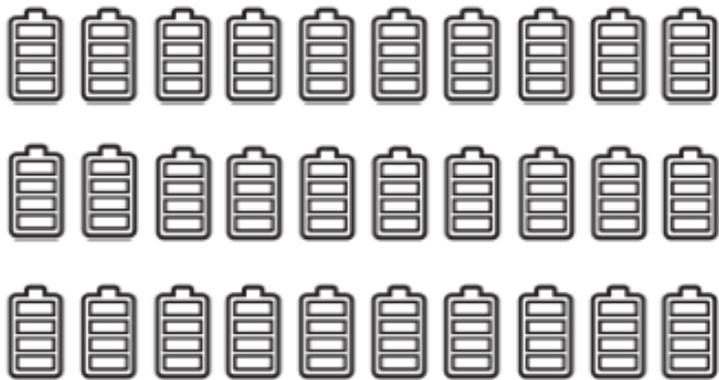


What **recharges** you?

What **depletes** you?



What's your charge today?





**LIST 3 THINGS YOU
LOVE
ABOUT YOURSELF:**

- 1.
- 2.
- 3.

Live at the **ARMORY**

BRIGHTON
BLUES
BLAST

presents
Ruthie Foster
Special guest
Marquise Knox

SATURDAY JULY 10, 7 PM
FREE OUTDOOR BLUES STARTS AT NOON
BUY TIX ONLINE AT BRIGHTONARMORY.ORG
Save the day, ticket info coming soon.

300 Strong Street Brighton, CO • 303-655-2026

245 Pavilions Place Unit A
Brighton, CO 80601



“BOGO” Buy ONE, Get ONE

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

1 valid per group. Maximum value \$5.49.

Brighton store ONLY!

Brighton Youth Commission **speak** 2021 Coupon Book

Offer good through December 31, 2021

Barr Lake State Park
13401 Picadilly Rd.
Brighton, CO 80603



20% OFF Your Purchase

(20% OFF your purchase in the Nature Center Store.)

Cannot be used on handmade vendor items.

Brighton Youth Commission **speak** 2021 Coupon Book

Offer good through December 31, 2021

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



Buy ONE, Get ONE FREE Grillburger

One use per visit. Maximum value \$6.59

Brighton store ONLY!

Brighton Youth Commission **speak** 2021 Coupon Book

Offer good through December 31, 2021

Brighton Youth Commission **speak** 2021 Coupon Book



SAT. JUNE 5

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!



Brighton Youth Commission **speak** 2021 Coupon Book

FishTail Cuisine of India & Nepal
305 Pavilions St.
Brighton, CO 80601



15% OFF order up to \$50
Or 20% OFF order after \$51

Brighton Youth Commission **speak** 2021 Coupon Book

Offer good through December 31, 2021

Promenade Horsemanship Academy
23901 E 160th Ave.
Brighton, CO 80603



Free Additional Horse
w/Birthday Party Package

(Birthday package purchase required)

One coupon per person/transaction. Maximum value \$55.

May not be combined with other offers. May not be redeemed for cash.

Brighton Youth Commission **speak** 2021 Coupon Book

Offer good through December 31, 2021

Promenade Horsemanship Academy
23901 E 160th Ave.
Brighton, CO 80603



4th Lesson 1/2 Price w/Purchase of
3 Lessons

(Prepayment of 3 lessons at regular price required.)

One coupon per person/transaction. Maximum value \$37.50.

May not be combined with other offers. May not be redeemed for cash.

Brighton Youth Commission **speak** 2021 Coupon Book

Offer good through December 31, 2021

Brighton Youth Commission **speak** 2021 Coupon Book



BRIGHTON OASIS
IS OPEN FOR
SUMMER 2021

JUNE 5 - AUGUST 8

NEW SEASON PASS PRICING

	RESIDENT	NON-RESIDENT
AGES 3-5	\$35	\$45
AGES 6-17	\$50	\$70
AGES 18-59	\$60	\$90
SENIORS 60+	\$50	\$70
FAMILY	\$185	\$225
FAMILY ADD-ON	\$40 each	\$55 each



ANY PURCHASE OF A SEASON PASS
INCLUDES ONE FREE GUEST PASS PER
PERSON ON THE PASS.

Come to the Brighton Recreation Center
to buy your today! 555 N 11th Ave.



SUBSCRIBE TO OUR
EMAIL/TEXT NOTIFICATIONS
FOR OASIS UPDATES USING
THE QR CODE!

WWW.BRIGHTONOASIS.COM



Brighton Youth Commission **speak** 2021 Coupon Book

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



\$10 donation to BYC Per Quote

(Get a quote from the Rippy Agency and they'll donate \$10 per quote to the Brighton Youth Commission)

Brighton Youth Commission **speak** 2021 Coupon Book

Offer good through December 31, 2021

Simply Pizza Truck
Brighton, CO 80601



Buy ONE, Get ONE 50% OFF

Maximum value \$6.

Brighton Youth Commission **speak** 2021 Coupon Book

Offer good through December 31, 2021

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



\$5 OFF Purchase

(Minimum \$20 purchase required to receive \$5 OFF.)

One coupon per person/transaction.

May not be combined with other offers.

May not be redeemed for cash.

Brighton Youth Commission **speak** 2021 Coupon Book

Offer good through December 31, 2021

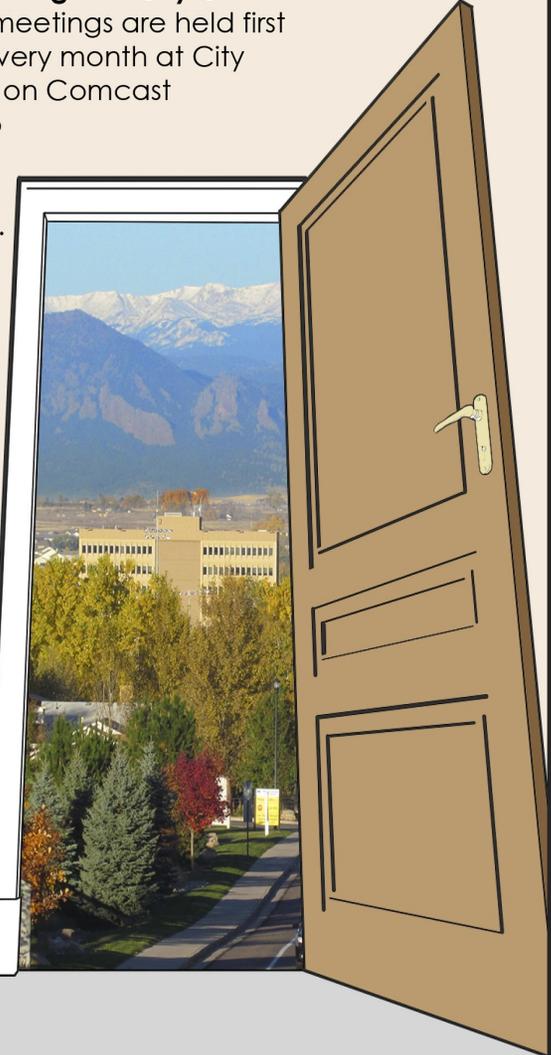
Brighton Youth Commission **speak** 2021 Coupon Book

OUR DOOR IS OPEN

Stay connected with **Brighton City Council meetings**. Council meetings are held first and third Tuesday every month at City Hall, broadcast live on Comcast Channel KBRI-8, also streamed live and archived at brightonco.gov/kbri.



500 South 4th Ave.
303-655-2000
brightonco.gov/kbri



STAY CONNECTED



Brighton Youth Commission **speak** 2021 Coupon Book

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



Buy ONE Entrée, Get the Second Entrée 1/2 Price

(Regular priced entrée purchase required)

One coupon per person/transaction. Maximum value \$8.

May not be combined with other offers. May not be redeemed for cash.

Brighton Youth Commission **speak** 2021 Coupon Book

Offer good through December 31, 2021

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



\$5 OFF any Family Style Dinner

(Family Style Dinner purchase with 2 hour order leadtime required.)

One coupon per person/transaction. Maximum value \$5.

May not be combined with other offer. May not be redeemed for cash.

Brighton Youth Commission **speak** 2021 Coupon Book

Offer good through December 31, 2021

Mile High Escape Ops
2412 E Bridge St.
Brighton, CO 80601



ESCAPE OPS
ESCAPE ROOM EXPERIENCE

Receive 10% OFF Your Booking

(Use PROMO Code "speak10" at checkout to receive 10% OFF.)

May not be redeemed for cash.

Brighton Youth Commission **speak** 2021 Coupon Book

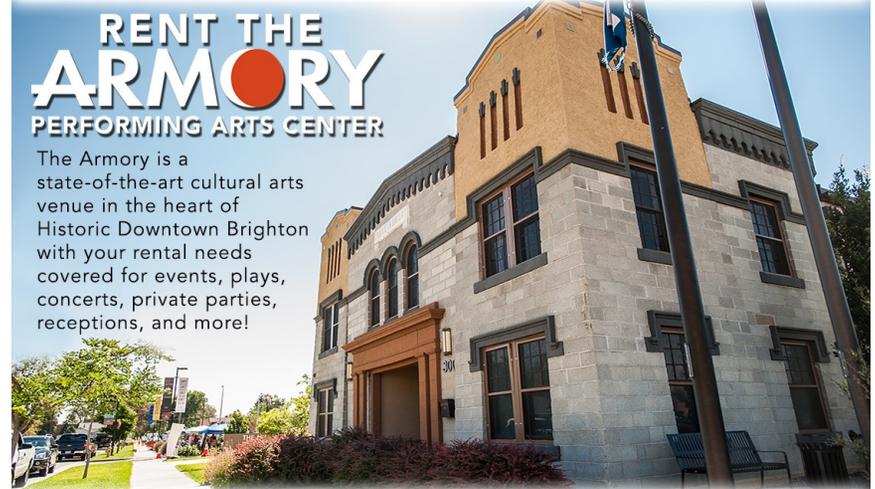
Offer good through December 31, 2021

Brighton Youth Commission **speak** 2021 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!

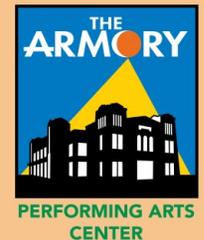


Facility rentals, availability and rental rates call

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** 2021 Coupon Book

Surge Spin
300 E Bridge St.
Brighton, CO 80601



3 Rides FREE

Maximum value \$60.

May not be combined with other offers. May not be redeemed for cash.

Brighton Youth Commission **speak** 2021 Coupon Book

Offer good through December 31, 2021

Omnia Events LLC
Denver Metro Area
omniaeventsllc@gmail.com



25% OFF Any Event + FREE Consultation

(In-person or virtual event)

Brighton Youth Commission **speak** 2021 Coupon Book

Offer good through December 31, 2021

A Mattress & More
119 W Bridge St. Unit B
Brighton, CO 80601



Receive 15% OFF Any Mattress

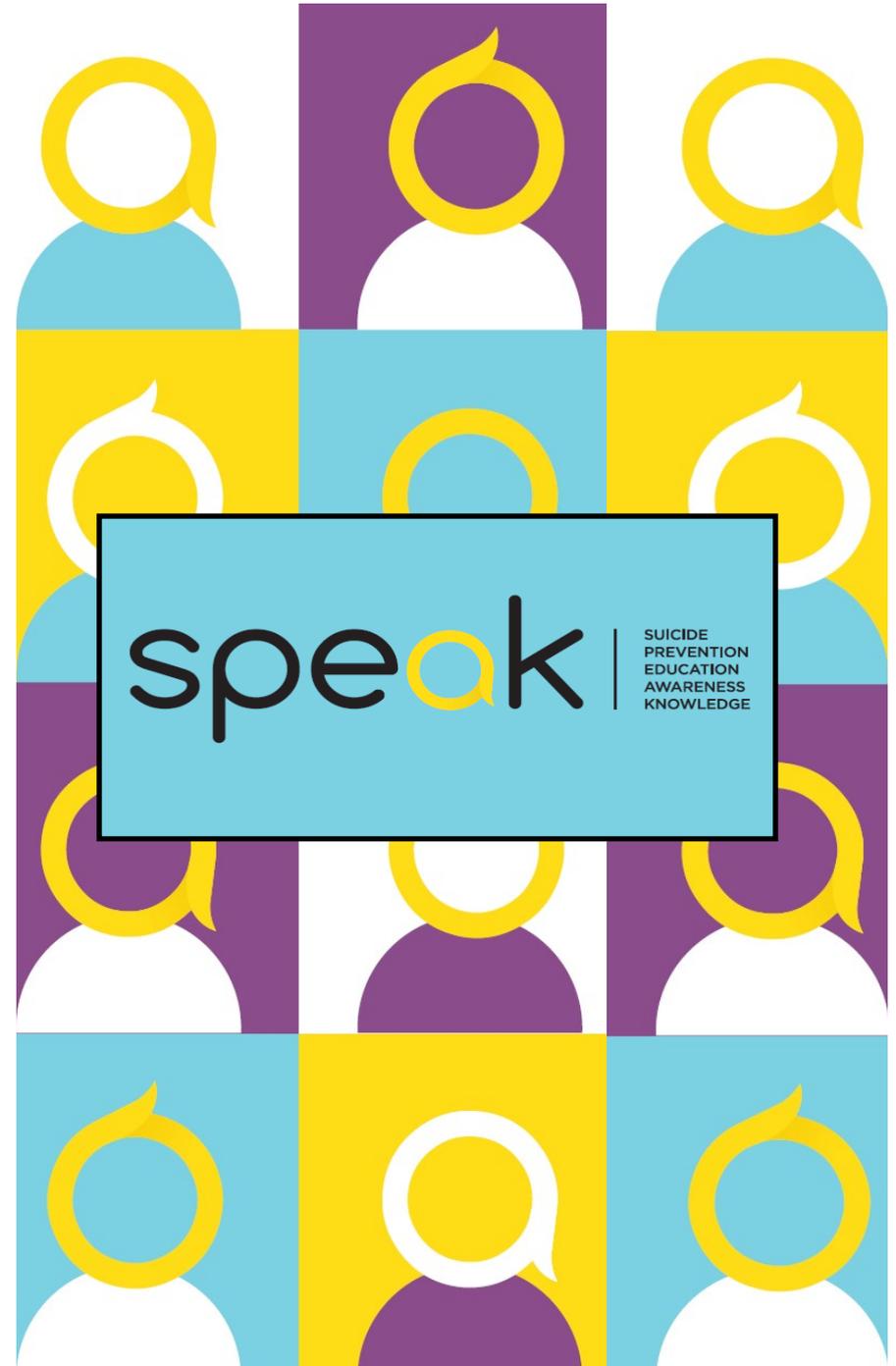
One coupon per person/transaction. Maximum value \$150.

May not be combined with other offer. May not be redeemed for cash.

Brighton Youth Commission **speak** 2021 Coupon Book

Offer good through December 31, 2021

Brighton Youth Commission **speak** 2021 Coupon Book



Brighton Youth Commission **speak** 2021 Coupon Book

Sponsors



Brighton Youth Commission

DON'T FORGET TO TAG US!

@THE_BYC_
 @BYC.YOUTHVOICE
 @THE_BYC

Observatory Park
4 Mile Walking Loop

speak

SUICIDE PREVENTION EDUCATION AWARENESS KNOWLEDGE

WALK MAY 1

AT CARMICHAEL PARK
650 SOUTHERN ST, BRIGHTON