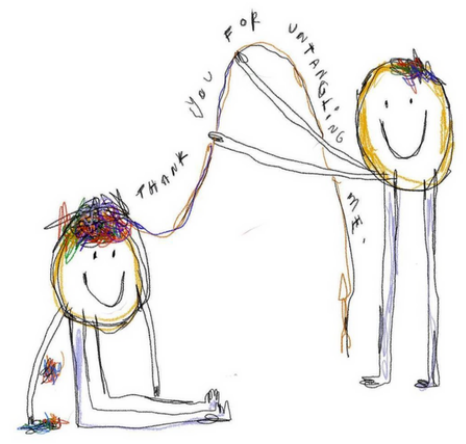


### 3. SPEAKER SERIES

Aspen Strong speaker events highlight a multitude of mental health topics. Last year we addressed issues like "Parenting during COVID-19," "The Body's Response to the Pandemic," and sui. Our presentations were done in collaboration with Aspen Valley Hospital, The Aspen Times, Mind Springs Health, and various other community members and local providers. The aim of these discussions are to open up the topics for our community and make mental health resources and information accessible and approachable. **Last year we had 218 community members attend our various presentations.**

### 4. TIME TO TALK

Our Mental Health Support Group, Time to Talk, began in 2020. It is a free space where community members can listen and share stories of their mental health journey's in a safe and confidential environment. The group is hosted on the second Wednesday of every month by Andy Godfrey, Board Member & VP, and Scott Tesoro DDS. Both have endured their own personal traumas and find healing in helping others. **In 2021 64 people signed up for the monthly meeting.**



*As an access point for local resources via their website, Aspen Strong offers connections to knowledge that is not found elsewhere in our region. The community building activities and events, mental health scholarships, youth focused workshops, and provider insurance initiatives are actively functioning, at their respective phases, as community building resources for mental health. As collaborators, Aspen Strong participates in systemic work, such as strategic planning and provider advocacy.*  
 ~Chelsea Carnoali, Pitkin County Mental Health Analyst



### 7TH ANNUAL HIKE HOPE HEAL

We came back with a bang this year. Our annual hike was filled with vendors, music, food and beverages. This community event helps bring continued awareness to mental health needs in our valley while connecting community members of all ages to open the dialog around mental health. Since 2014, 464 hikers have helped raise \$119,762.63 to support both Aspen Strong initiatives and the Mental Health Fund. **In 2021 the hike raised \$14,620 from 59 participants.**

### Quarterbacking Mental Fitness