

FOR IMMEDIATE RELEASE



KARIS COMMUNITY

A PLACE OF HOPE & HEALING SINCE 1976

Karis Community's Rebrand Embodies the Mental Health Journey

Denver, CO, Tuesday, April 18 --

Last year, our staff and Board of Directors gathered for our annual Board Retreat, and one of the key agenda items was evaluating our overall brand and messaging. We started by revising our mission and vision statements. We realized that this was the first of many steps in the ongoing evolution of Karis.

Mission Statement: To provide a community where people heal together.

Vision Statement: To create a world where people with mental illness can connect with others who understand their experience and can support their growth.

We then began exploring logo options that would truly symbolize and embody the key elements of our work. Our new logo represents all facets of the mental health journey and the ripple effect of when we come together as a community. The icon symbolizes each person's distinct path and story. Some days may feel like a never-ending loop, filled with roadblocks or potholes at every turn. Other days feel smooth, filled with peace and gratitude. Most often, we feel like we are somewhere in between.

At Karis, we provide a safe space where individuals can learn to manage mental illness according to their own experiences and personal journey. What's more, when we all come together, authentically and vulnerably, the ripple effect of that shared experience is transformative.

We hope you will join us in celebrating our birthday celebration, 47 Years of Hope & Healing, at Top-golf Thornton on Thursday, May 11, 6:30 – 9:30 pm. Tickets are \$45 in advance and \$50 at the door (if available). Please visit www.kariscommunity.org for more information.

About Karis Community

Karis Community's mission is to provide a community where people heal together. Karis is the only community model residential program of its kind in Colorado serving individuals managing serious and persistent mental illness. Karis (the Greek word for *grace*) was founded as Shalom Community in 1976 as a retreat center for those needing respite from life stressors. Following WWII, Great Britain discovered that veterans experiencing Post-Traumatic Stress Disorder could recover significantly in communal environments. This approach helped shape Karis' therapeutic community model.

Karis serves over 100 individuals each year, including Community Members and Alumni. Most of our Community Members have financial resources well below the poverty line; many have experienced homelessness at some point in their lifetime. Nearly all Members utilize public support, such as Medicaid and Social Security benefits, to assist in their recovery process. Our Empowerment Program offers individual check-ins, six weekly support group meetings, community meals, household supplies, utilities, and onsite mental health services. At Karis, our work lies at the intersection of mental health, trauma, and substance use. Recovery goals include managing and reducing symptoms, learning coping strategies, developing life skills, and restoring the capacity to engage in healthy relationships with others.

Karis takes an innovative approach to addressing mental health challenges. The program offers a safe, structured, supportive environment conducive to healing and growth. Community Members at Karis can benefit from their fellow Members' peer support and the individual and group therapy offered by the program staff. In addition, the structure and traditions of community life promote stability and camaraderie. The result has been an exceptionally high number of Community Members who complete the program and experience an improved quality of life.

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