

A Word From the Executive Director



A Season of Light, Resilience, and Human Rights

Dear friends and family of Third Way Center,

Happy Holidays!

As we enter December, I am struck by the powerful contrast this month offers. It is a time when the days are shortest, yet our communities shine the brightest. Whether you are lighting the menorah for **Hanukkah**, anticipating the joy of **Christmas**, or preparing to honor the principles of **Kwanzaa**, the common thread across these traditions is the act of bringing light, hope, and connection into the darkness.

At our organization, the concept of light, like hope, is not just symbolic; it is the core of our work.

This December is also **Universal Human Rights Month** and a time to reflect on **AIDS Awareness**. These observances remind us that healthcare, dignity, and compassion are fundamental rights, not privileges. They remind us why we do what we do, even when the path is difficult.

And, in the spirit of transparency, the path *is* difficult right now. We are currently navigating significant turbulence regarding Medicaid changes for our clients in residential treatment. These systemic shifts have created hurdles that affect continuity of care, but I want to assure you that we are working tirelessly to advocate for our clients. We are committed to ensuring that bureaucratic changes do not dim the potential for recovery and wellness.

A poll released this month (Nov 2025) by the American Psychiatric Association (APA) found that 41% of adults anticipate more stress this holiday season than last year. This is a significant jump from 2024 (28%) and 2023 (29%). And for those managing mental health conditions, nearly two-thirds find this time of year significantly harder.

As we move through this season, let us also be gentle with one another. For many, the holidays bring struggles with **Seasonal Affective Disorder (SAD)** or feelings of isolation. Let's look out for our neighbors and colleagues, offering patience and presence.

If you are looking for a way to create a tangible impact this season, please remember us on **Colorado Gives Day**. Your support helps us bridge funding gaps and keep fighting for the human rights of those we serve.

Wishing you a season of peace, resilience, and profound hope.

With appreciation and gratitude,

Renee