

PARENT RESOURCES SOUTH AREA

<http://powertotheparent.org/be-aware/hidden-in-plain-sight/>

<https://www.getsmartaboutdrugs.gov/drugs>

<https://drugfree.org/>

<https://www.drugabuse.gov/>

To Find Providers Visit: www.linkincare.org

ALCOHOLICS ANONYMOUS

<http://daccaa.org/meetings.htm> aapp@al-anon-co.org

[Denver](#) phone: 303-322-4440

[Colorado Springs](#) phone: 719-573-5020

MARIJUANA ANONYMOUS

<http://www.ma-colorado.org/meetings/>

Tuesdays 7:00 p.m. MST in Greenwood Village (Nip it in the Bud) 60 minutes

Orchard Club South

8081 E Orchard Road

Greenwood Village CO 80111

Saturdays 6:30 p.m. MST in Lakewood (Any Lengths) 60 minutes

Day At A Time Club

3355 S Wadsworth Boulevard Unit H125

Lakewood CO 80227

NARCOTICS ANONYMOUS:

www.nar-anon.org/

SMART RECOVERY GROUPS:

Paul Horvath 720-305-8650

[Smart Recovery](#)

The SMART Recovery 4-Point Program® helps people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, sexual addiction, and problem addiction to other substances and activities. SMART Recovery sponsors face-to-face meetings around the world, and daily online meetings.

In addition, our [online message board](#) and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support. If you're new to SMART Recovery



CENTENNIAL PEAKS: Our staff is available 24 hours a day, 7 days a week to provide complimentary, confidential assessments. Call us at 303.673.9990

Centennial Peaks' acute inpatient program treats 13-17 year-old individuals who are struggling with mental health or substance abuse issues.

Our inpatient program offers:

- An intensive, therapeutic structure
- Psychiatric and crisis stabilization
- Customized treatment plans for each individual
- 24-hour nursing care
- Discharge Planning

Customized treatment

Our team works with each patient to provide an individualized treatment plan. The main focus of the plan is to relieve symptoms of emotional crisis and help the patient regain control of his or her life.

Clinical team

Our acute inpatient team consists of:

- 24-hour psychiatric nursing care
- Mental health specialists
- Case managers
- Social workers
- Activity therapists
- Psychiatrists

Discharge Planning

As soon as a patient is admitted, we begin planning for a successful return to the community and daily life. These plans may include continuing care with the attending physician, partial hospitalization, an outpatient treatment program or other community resources.

CHILDREN'S HOSPITAL

Children's Hospital also offers mental health treatment, below is how to schedule an evaluation:

1. Parents and/or legal guardians, please contact us at 720-777-6200 and select the prompt for #1 to schedule an evaluation
2. Once this evaluation is scheduled, please click on the link below to PRINT and COMPLETE our "New Patient Questionnaire."

Please download and fill out our New Patient Questionnaire (.pdf)



If you don't know where to begin getting mental health, substance use or emotional help for yourself or someone you know—start here. We provide confidential and immediate support, 24/7/365. If you are in crisis or need help dealing with one, call this toll-free number 1-844-493-TALK (8255) or text TALK to 38255 to speak to a trained professional.

When you call Colorado Crisis Services, you will be connected to a trained crisis counselor. We offer translation services for non-English speakers, we engage in immediate problem solving, and we always make follow-up calls to ensure you receive continued care. Our walk-in crisis services are open 24/7, and offer confidential, in-person crisis support, information and referrals to anyone in need.

www.coloradocrisiservices.org

COLORADO OUTWARD BOUND

Colorado Outward Bound: www.cobs.org/ This program is located in the Rocky Mountains, CO and out of state locations.



Counseling and other mental health services are available through The ROAD and [CrossRoads](#) program.

We serve youth who are:

- at risk of out-of-home placement
- at risk, including youth with truancy problems, substance abuse problems and/or who have a mental illness
- on Probation or Diversion
- involved in municipal courts
- referred from Jefferson County Juvenile Assessment Center (JCJAC)

Contact Kate at: 303-982-6755

CrossRoads program is an exciting opportunity to provide mental health and substance abuse programming to underserved at-risk youth. The program serves youth ages 10-18 who live in Jefferson, Gilpin or Clear Creek County.

CrossRoads is designed for youth with mental health needs, who may also have an accompanying substance abuse issue. It provides youth and their families with professional support and structure in a safe and welcoming setting with easy access to services.

Services:

- Individual, group and family therapy (including home visits)
- Substance abuse counseling
- Case management
- Groups: Substance Abuse, Aggression Replacement Training, Anger Management, Process Groups and Gender Specific Groups
- Medications evaluations available

CrossRoads services are designed to address mental health and substance abuse issues and to help youth:

- Establish healthy relationships with peers and family
- Build positive social interaction and goal-setting,
- Equip them with the life skills they need to transition into adulthood

The program runs Monday through Friday during the after school hours. Located at The ROAD youth drop-in center, youth also have access to a variety of ROAD services such as living skills, resume writing, job search resources and GED tutoring. Special programming for these youth includes individual and group therapy, Family therapy is offered at a time and place convenient for the family. (home-based if necessary).

Crossroads Also Offers Transition Services.

Independent Living Skills: A course that aims to educate youth on what it means to be independent, and teaches them the skills involved with transitioning from a dependent living state, to an independent one. The course incorporates topics such as, employment skills, money management, health and safety, housing, etc. and involves student participation and hands on learning. Each week an individual participates, they receive an incentive.

Healthy Relationships: Healthy Relationships looks beyond just intimate relationships, and focuses on a broader sense of the term. Participants look not only at how to create and maintain a healthy intimate relationship, but how to do this with peers, family, and the world around them. Topics include: Dating and Consent, Social Media, GLBT, Prejudice, Self-Care, Family, Drugs and Alcohol, and much more!

Brainwise: a proven, evidence based program for building critical thinking skills and decision making skills in youth.

Drop-In Center: A safe place to come hang out, play games, and meet people. Open Monday through Thursday in the Brady cafeteria. Check out our monthly calendar for activities and times. You can stop in any day- no need to call ahead!

The ROAD Counseling: Therapy and counseling at no cost. Work individually with a therapist to meet mental health goals that are important to you personally. If you want to learn about anger management, you can do this with a ROAD therapist individually.

Job/Career Preparation Services: Presentations, individual help with resumes and job searches, mock interviews, and help with planning for higher education.

GED Preparation: For youth ages 17-25 who live in Jefferson County. Work at your own pace to prepare for each section of the GED **Collective Minds:** Practice leadership skills, participate in activities, and help to plan events for The ROAD.

Passport Program: Activities that teach youth skills needed for adulthood. Learn about: education & careers, money management, housing & living skills, health & safety, and community involvement. The activities range from worksheets to online games to visiting various locations. You pick which activities to work on!

Resource Assistance: Need help finding a resource in the Denver Metro Area? The ROAD can help connect you to what you need. We have information about medical services, food banks, housing assistance, shelters, and more! We also have, when

available, boxes of food for unaccompanied youth (youth that do not live with family), hygiene products, and winter gloves and hats.



DFTC (Denver Family Therapy Center):

303-456-0600- Drug and Alcohol Classes, Individual and Family Therapy

<http://www.denverfamilytherapycenter.com/>

Wheat Ridge - Main Office
4891 Independence St., Suite #165
Wheat Ridge, CO 80033
(303) 456-0600

Denver Family Therapy Center offers the highest quality of counseling services available. Since 1993, we have provided superior service to our customers and have assisted them in achieving their goals. Our nineteen years of experience and commitment to excellence have earned us the reputation as one of the best Counseling Centers in the Denver Metro area.

Youth Drug Alcohol Prevention and Education Program (Y-DAP)

If you have been issued a citation for an alcohol possession/consumption offense, a possession of drug paraphernalia offense, or a misdemeanor drug related offense, and if you are a first time offender under the age of 21, you may be eligible to avoid the court process and the possible consequences of conviction by attending a specially designed education program.

Adolescent Substance Abuse Program (ASAP), provides treatment and support for adolescents and their families struggling with substance abuse and dependency. ASAP is licensed through the Office of Behavioral Health (OBH) of Colorado, offers a central location, and is approved by most insurance companies and juvenile probation departments. ASAP is directed and operated by masters level therapists who are Certified Addictions Counselors.

ASAP Treatment Services:

- Drug and Alcohol Assessments
- Multi-Family Group
- Peer Group
- Family Therapy
- Individual Therapy
- Urine Drug Screens

Collaboration with Other Professionals:

- Hospitals
- Judicial Systems
- Human Services
- Educational Systems
- Psychiatric Consultation

ASAP utilizes a family-focused approach to treatment. While adolescents are held accountable for sobriety, parents get help and support in building parenting skills by setting clear limits, expectations and personal boundaries.

DEVEREUX CLEO WALLACE:

Specializes in providing individualized care for children and adolescents who have significant mental health and behavioral needs. Provides intensive residential and day treatment services to both males and females ages eight to 21. Specialty tracks include treatment for high-functioning autism youth, sexually reactive youth, children with chemical dependency issues, programming for Native American youth, and work experience programs.

http://www.devereux.org/site/PageServer?pagename=co_index

(800) 456-2536

8405 Church Ranch Blvd.

Westminster, CO 80021

DRUG TESTING:

Wiz Quiz, 303-914-1045

5280 Drug Testing, 303-953-2619

GIRLS INC:

www.girlsincdenver.org

(303) 893-4363

Girls Inc. inspires all girls to be strong, smart, and bold through direct service and advocacy. Our comprehensive approach to whole girl development equips girls to navigate gender, economic, and social barriers and grow up healthy, educated, and independent. These positive outcomes are achieved through three core elements: people - trained staff and volunteers who build lasting, mentoring relationships; environment - girls-only, physically and emotionally safe, where there is a sisterhood of support, high expectations, and mutual respect; and programming - research-based, hands-on and minds-on, age-appropriate, meeting the needs of today's girls. Informed by girls and their families, we also advocate for legislation and policies to increase opportunities for all girls.



What We Do

Youth brought to the JCJAC without charges by parents are regarded as “Self Referrals.” We are open 24 hours a day, 7 days a week. The JCJAC is available for emergency walk-in assessments at any time; however, scheduling an appointment is recommended. Appointments may be scheduled by contacting the JCJAC at (720) 497-7770.

“Transported or Community Referral youth” are brought directly to the assessment center, with or without new charges, by law enforcement agents. Transported youth complete an intake form and motivational interview with a trained intake specialist. Key areas explored include, but are not limited to, mental health, substance abuse, family history, school functioning, law enforcement contact, and peer relationships. Data is entered into the JCJAC database, and any areas of concern are discussed with the family members taking custody upon release.

Officers call from the field when they have apprehended and charged a youth with an offense that will likely require detention as an immediate sanction. Intake specialists complete the screening instrument with the youth and officer over the phone and validate the information via Colorado State Courts Database (CSCDA) and the Juvenile Information System (JIS). If the youth is indeed detainable, the officer transports the youth to Mount View Detention Center (MVDC). If not detainable, the youth is transported to the JCJAC and completely assessed as described above.

The District Attorney’s Office reviews Juvenile Promise to Appear cases and refers primarily first time offenders to the JCJAC for assessment and short term case management. Additionally, the JCJAC takes referrals for case management for district courts, local municipal courts, for case management services. Upon receipt of these cases, JCJAC staff contacts the youth and family to arrange an intake which involves the assessment process described above, as well as an interview with the family, information gathering from school, and any other relevant sources. A contract is drawn up with the youth which states (among other things) that the successful completion of the contract will allow for dismissal of the case, and breach of the contract will cause the case to be “bumped up” to either diversion or the court. Contracts involve both sanctions and referral

to services, and are monitored weekly by case managers. Typical length of case management is two months. Case managers ideally carry a load of 25-30 cases.

In conjunction with the West Metro Fire Protection District (WMFD), the JCJAC is able to offer a one-time arson education class to youth with fire setting history or charges. This is a fee-for-service program. An investigator from West Metro conducts the class with assistance from a senior case manager. Both parent and youth are required to attend. Contact the JCJAC for a referral. An evaluation of the effects of this program on recidivism is underway.

Probation, Parole, Social Services, and R-1 schools can use the JAC as a brief time-out for youth. On a case-by-case basis, youth are brought to the JCJAC, complete a short assessment process, and provide background information as to their current difficulties (corroborated with referring individuals). Time out may be used as an intermediate service for juveniles at risk of entering the juvenile justice system, but does not always generate a juvenile criminal record.

Legally sworn-in staff bond Jefferson County municipal warrants, county warrants, and truancy warrants. Staff also make arrangements with neighboring jurisdictions for bonding out of county municipal warrants.

Livescan equipment is installed and ready for use to provide a single point of entry for M-1 and felony youth in Jefferson County. Court dates for the Jefferson County District Courts will also be assigned when youth are transported to the JCJAC, booked, and transported to Mount View Detention Center.

Co-located staff from the DA's office and R-1 schools fulfill the requirements of HB-1119, by providing timely notification to schools when an enrolled youth is charged with a crime in district court.

24/7 access is available to law enforcement, schools, social services, probation, and courts through the onsite SASI database (schools), Colorado State Courts Database (District Court), JCJAC database, and most recently through CCIC/NCIC and JIS.

The Crossroads program is co-located and provides mental health, family advocacy services.

Specialized staff supervise pre-adjudicated juveniles charged with low level sex offenses who are referred by law enforcement and/or the Jefferson County DA's office. Case management consists of monitoring school attendance/employment, compliance with community safety plan(s), and treatment participation.



jcmh.org | 303-425-0300

Our mission: To inspire hope, improve lives and strengthen our community by providing mental health and related solutions for individuals and families. Our values: People First • Empathy with excellence • Collaborate to make life better Community minded • Anticipate and evolve • Dignity for all Jefferson Center is a nonprofit, community-focused mental health care and substance use services provider. We offer hope and support to individuals and families who are struggling with mental health issues and substance use disorders. Serving our community is at the core of everything we do. Serving Jefferson, Gilpin and Clear Creek Counties for 60 years, Jefferson Center is an integral part of the communities it serves, understands the needs of communities and has an extensive network of community partnerships and collaborations. Jefferson Center has a variety of programs for people of all ages, from all walks of life

Programs and Services Jefferson Center offers an array of mental health, substance use and wellness services for all clients based upon individual needs, to include:

ACCESS & EMERGENCY SERVICES The main point of contact for new clients and clients in need of emergency services. Providing: • First-time appointments on the same-day/next day or scheduled at client's convenience • Emergency mental health and substance use services 7 days a week, 24 hours a day **FAMILY SERVICES** Comprehensive services to meet the needs of children and their families, including: • Early Intervention Services • School-based Services • Parenting Programs and Classes • Family, Individual and Group Therapy • The ROAD Youth Drop-in Center • Dialectical Behavioral Therapy (DBT) for Adolescents • Suicide Prevention • Juvenile Justice Programs • Families Together, Family Solutions home-based treatment, FFT (Family Functional Therapy)

ADULT SERVICES Adult Outpatient: Individual, group and family services that support client strengths and independence and encourage family involvement include: • Peer Specialist Support • Individual, Group and Family Therapy • Evidence Based Cognitive Behavioral Therapy (CBT) • Dialectical Behavioral Therapy (DBT) • Medication Evaluation, IDDT, and Monitoring Adult Intensive Services: Designed to meet the needs of adults with serious and persistent mental illness, support recovery and independent living. Intensive Services range from 24-hour residential services to peer-led support groups also offering: • Criminal Justice Programs/Services • Hospital Alternative Programs • Housing and Residential • Case Management

LGBTQ RAINBOW ALLEY

The Center opened in 1976 and over the years has grown to become the largest community center in the Rocky Mountain region, giving voice to Colorado's LGBT community and playing a pivotal role in statewide initiatives to reduce harassment and discrimination. Today, we are focused on fulfilling our mission – **To engage, empower, enrich, and advance the gay, lesbian, bisexual and transgender community of Colorado** – by ensuring that every member of the LGBT community has access to the programs and resources they need to live happy, healthy, and productive lives.

1301 E. Colfax Avenue, Denver, CO 80218
(303) 733-7743
Email: info@glbtcolorado.org

MENTAL HEALTH CENTER OF DENVER

<https://mhcd.org/emerson-st-for-teens-young-adults/>

MOUNTAIN RESOURCE CENTER

303-838-7552

www.mrcco.org

JCMH therapist on site Wednesday 9-5 and Thursday 1-8

Conifer Counseling Services on site Monday 9-6

MRC has parenting group also

NIC (National Institute for Change)

303-231-0090-Substance Use Group, Individual and Family Therapy

<http://www.nichange.com/>

PSYCHIATRISTS

Dr. Larry Sanders: 303-798-5002- Littleton

Dr. Stephen Moe: 720-532-0460-Parker

Dr. William Dobson (ADD/ADHD): 303-300-6635

Nurse Practitioners:

Lisa Trochmann: 303-229-3930 –DTC

Laurie Reeder: 720-951-1476- Parker



303-982-6755

at Brady High School
5220 West Ohio Avenue
Lakewood, CO 80226
Email: theroad@jcmh.org

What We Do

The ROAD is an award-winning drop-in resource center that offers a safe, drug-free place where young adults ages 15-22 can socialize and have fun, and offers activities and a wide array of services that help young adults achieve success and independence. All programs and services are at no cost to youth.

Drop in Services. A welcoming, safe environment for youth to come, spend time and be themselves.

Transition Services. Independent Living Skills is a course that aims to educate youth on what it means to be independent, and teaches them the skills involved with transitioning from a dependent living state, to an independent one.

GED Preparation. Free tutoring and test preparation for young adults ages 17-25.

<http://theroad4youth.org/>

ROCKY MOUNTAIN CRISIS PARTNERS

800.456.3249

www.metrocrisiservices.org

Since 1986, the Pro Bono Counseling & Referral Program, then part of MHAC, has coordinated the services of volunteer licensed mental health professionals to provide free mental health services to homeless and low-income individuals and families in the Denver metro and Pueblo area.

SECOND WIND FUND

Suicide/Crisis Treatment, www.thesecondwindfund.org

Second Wind Fund (SWF) provides funded therapy for youth at risk for suicide who are unable to receive therapy without our help. Referrals for SWF funded therapy must come from a school mental health staff or another qualified referral source (QRS) who is a mental health professional. If you are a parent/guardian and are concerned about suicide risk, you will need your child or youth to be assessed first by a mental health professional, usually school counselors, social workers, or psychologists.

SHEPERD'S GATE COUNSELING CENTER

6399 South Santa Fe Drive Littleton, CO 80120 (303) 762-6987

<http://www.denverseminary.edu/resources/shepherds-gate-counseling/>

Shepherd's Gate clinic is open at various times throughout the week, including daytime hours, most weeknights, Friday afternoons and Saturday mornings. Fees are based on a sliding scale depending on the client's income.

SMART RECOVERY GROUPS

Paul Horvath 720-305-8650

[Smart Recovery](#)

The SMART Recovery 4-Point Program® helps people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, sexual addiction, and problem addiction to other substances and activities. SMART Recovery sponsors face-to-face meetings around the world, and daily online meetings. In addition, our online message board and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support. If you're new to SMART Recovery

STAND UP PARENTING INC.

Doris 303-427-6239

<http://www.standupparenting.org/>

Parent support groups face to face and online meetings. Self-Help Support Group providing 24/7 support to parents.

SYNERGY: A program through CU Denver providing adolescent substance use treatment. <https://www.artstreatment.com/our-services/adolescent-services>

THERAPISTS (PRIVATE)

Front Range Counseling: 303-933-5800

Grace Counseling: 720-489-8555

Westside Behavioral Care: 303-986-4197

Southwest Counseling Associates: 303-730-1717

TRANSGENDER CRISIS HOTLINE: <https://www.translifeline.org/>

TREATMENT CENTERS (Inpatient/Outpatient)

Arapahoe House: 303.657.3700, www.arapahoehouse.org

Arapahoe Douglas Mental Health Network: www.admhn.org
Cedar Springs: <http://www.cedarspringsbhs.com/>
Denver Springs: 720-643-4300 www.denversprings.com
Devereux Cleo Wallace: www.devereux.org
Griffith Centers for Children: 303-237-6837 <http://www.griffithcenters.org>
Hazelden Betty Ford Center: 1-866-295-4125 www.hazeldenbettyford.org
Highlands Behavioral Health: www.highlandsbhs.com
Sandstone Care: 720-903-3370 <https://www.sandstonecare.com>
Savio House: 303-225-4100 www.saviohouse.org
Shiloh House: www.shilohhouse.org
Turning Point Center for Youth/Family: 970-221-0999 www.turningpnt.org
Valley Hope: <https://valleyhope.org/>

VAPING

https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf

<https://health.usnews.com/health-news/health-wellness/articles/2015/10/21/how-to-talk-to-your-teen-about-vaping>

<https://www.centeronaddiction.org/e-cigarettes/recreational-vaping>

WILDERNESS GROUPS

Open Sky Wilderness, www.openskywilderness.com This program is in Durango. They offer financial assistance through Sky's the Limit Fund, www.skysthelimitfund.org

ADDITIONAL RESOURCES

<https://www.jeffco.us/human-services>