

**Mental Health Services, Resources and Supports
for the Longmont Community**

Agencies/Organizations					
Name, Location, Contact Info	Description of Services	Target Population	Eligibility Criteria	How to Access Service	Comments
Alternatives for Youth – iTHRIVE program	Early intervention for 12-17 year olds using drugs/alcohol and parents/guardians.	Teens 12 – 17 using drugs and parents/guardians	Anyone eligible.	www.thrivingteens.org Deb Roberts 303-776-8184	
Boulder County - Adult Protection Services	Assess and refer cases according to criteria (for capacity*). Community referrals. Assess imminent risk – PD. Small number of rep payees; guide others through guardianship process *Definition of Capacity = can make decisions for themselves and are not severely lacking capacity— though they may be making bad choices.	18+ abused and/or neglected adults who cannot meet their basic needs (unable to understand or function).	At-risk adults with a concern of mistreatment.	Screening line 303-441-1309 can refer to community resources. Referrals to screening team first, then recommendation. Referral sources: law enforcement, Senior Center, community agencies, medical providers, web, word of mouth.	Cases are assigned if an individual reports concern for mistreatment (physical abuse, sexual abuse, caregiver neglect, self-neglect or exploitation) and the person of concern is an at-risk adult (examples – developmental, intellectual, physical disabilities, mental health, medically fragile and elderly)
Boulder County – Parents as Teachers Program	Bi-weekly home visits from experienced teachers who provide structured, family specific lessons to improve school readiness. Parenting and child development information and community resources; recreation and events is also provided.	Parents of children aged 0 -5 who need extra support around parenting skills, and school readiness		303-204-3302 BoulderCountypat.org	

Agencies/Organizations					
Name, Location, Contact Info	Description of Services	Target Population	Eligibility Criteria	How to Access Service	Comments
Boulder County Public Health – Children with Special Needs Program (CSNP)	In-home visits from a nurse who helps monitor infant development; helps parents understand special health care needs and treatment choices; find local services, and navigate the health care system.	Parents whose child was born early, has special healthcare needs, or a traumatic brain injury		303-678-6137 Bouldercountyhealth.org	
Boulder County Public Health – GENESIS Program	In-home visits from a parent educator who helps teen parents learn skills for healthy pregnancy and positive parenting; provides education about and access to family planning services; helps and encourages re-entry to school/GED programs; and links participants to job training programs.	Teens who are pregnant or have a child under the age of three		303-413-7529 BoulderCountyGENESIS.org	
Boulder County Public Health – Nurse-Family Partnership Program	In-home visits from a nurse who monitors child development and helps parents learn skills for healthy pregnancy and positive parenting	First time mothers who earn less than 200% of the Federal Poverty Level		303-413-7554 BoulderCountyHealth.org	
Brain Injury Association of Colorado (BIAC)	Support, resources and programs	Persons with traumatic brain injuries and their family and friends		Online at www.BIAC.org	There is a local support group in Longmont
Center for People With Disabilities Longmont Office: 615 N Main Street	Information, referral, and more.	People with all disabilities and ages.		Longmont: 303-772-3250 Main Office: 303-442-8662 www.cpwd.org	

Agencies/Organizations					
Name, Location, Contact Info	Description of Services	Target Population	Eligibility Criteria	How to Access Service	Comments
City of Longmont Senior Services – Counseling Services	Individuals, couples and family therapy, support groups; peer counseling 8 – 12 sessions (short term focus)	Seniors 55+ and their caregivers or younger adults caring for seniors.	Longmont area residents.	Contact Brandy Queen. Services publicized in GO catalog, radio, web. Referrals from physicians, Adult Protection, Agencies, Mental Health Partners.	Caregiver, grief groups and other specialized groups. Group for older domestic violence victims, other groups created as needed. No fee charged. Can do home visits. Try to connect clients with current providers if feasible. Peer counselors: receive 24 hours of training and monthly ongoing training.
City of Longmont Children Youth and Families Longmont Youth Center 1050 Lashley 303-651-8580 Longmontcolorado.gov	Individual, family and group counseling (teens and families). Short-term focus. 2 staff (LCSW, LPC). Also serve homeless youth through Inn Between.	Youth ages 10 – 19 (plus older youth) and their families; may serve some young adults (who often have kids of their own).	Longmont area residents, 10 – 19 (plus older youth) and families.	Publicize services through web, Social Media, word of mouth, community outreach.	Psycho-education groups available.
Colorado Crisis Services 1-844-493-8255 Coloradocrisisservices.org	Statewide 24/7 hotline for anyone experiencing any emotion distress or crisis to call for counseling and support.	For anyone in Colorado		Crisis Line: 844-493-8255 Or text “TALK to 38255” Maureen Gottino, Community Liaison – 303-928-7100 x 6004 maureeng@rmcrisispartners.org	Walk-in clinic locations in Aurora, Boulder, Denver, Lakewood, Littleton, Westminster.
EDGE (early diversion, get engaged)	Divert clients from jail. Not 24/7 service, but staff is there during peak times. MHP staff determines if diversion is appropriate, and there are also 2 peer workers that follow-up.	Any police call.	Called by dispatch.	Called by dispatch.	Funded by a 3 year grant through 2016.

Agencies/Organizations					
Name, Location, Contact Info	Description of Services	Target Population	Eligibility Criteria	How to Access Service	Comments
InReach (fka Boulder Institute for Psychotherapy and Research) – Bright by Three Program	In-home or community visits from trained volunteers (prenatally or at birth, age 1, and age 2) who provide developmentally appropriate books and materials to promote optimal brain development, social-emotional skills, and school readiness. Volunteers also link parents to community resources.	Parents with children under the age of three.		303-303-1964 brightbythree@bipr.org http://bipr.org/services/bright-beginnings/	
Longmont Community Justice Partnership (LCJP)	Opportunity for those committing misdemeanors or crimes to work toward a just/fair resolution for all		People accused of misbehavior, which could be as a result of a brain disorder or mental health issue	www.lcjp.org ; 303.776.1527	LCJP has a very low rate of recidivism
Mental Health First Aid (MHFA)	Broad education of mental health, analogous to CPR or medical first aid.	General public and various community agencies.		Contact Mental Health Partners 303-443-8500 www.mhpccolorado.org	
Mental Health Partners – Community based (integrated) services: Community Resource Center, OUR Center – 3 x per week, Front Range Community College	Individual, couple, family therapy.	Anyone who walks through OUR Center door. Bilingual staff available.	Anyone who walks through OUR Center door; not restricted by other constraints.	Anyone who walks through OUR Center door.	

Agencies/Organizations					
Name, Location, Contact Info	Description of Services	Target Population	Eligibility Criteria	How to Access Service	Comments
Mental Health Partners – Community Infant Program	In-home visits from a parent-infant psychotherapist and nurse who partner with families around their specific needs, including learning skills for positive parenting; healthy nutrition and feeding practices; communication skills between family members; addressing depression, anxiety and past trauma; and reading baby’s cues.	Parents experiencing mood difficulties (anxiety, depression), are overwhelmed, have moderate levels of family conflict, and need more skills for coping with emotional dysregulation.		303-661-0433	
Mental Health Partners – Mobile Crisis – 3180 Airport Road, Boulder	Hospital ED, nursing homes to make referrals. Crisis team is dispatched to homes. 24/7 walk-in service is available at the 3180 Airport Road site in Boulder (this is not a replacement for ED services, though). De-escalate immediate crisis, make referral. Look for naturally occurring support and will need to ensure transportation to referral site. Peer Support Specialist can provide assertive follow-up with clients. 24/7 nursing and on-call prescribers available.				

Agencies/Organizations					
Name, Location, Contact Info	Description of Services	Target Population	Eligibility Criteria	How to Access Service	Comments
Mental Health Partners – PACE (Partnership for Active Community Engagement)	Collaborative outpatient program with Boulder County Probation Department, Community Justice Services, and the Boulder County Sheriff's Department for persons on probation who struggle with mental illness, substance abuse and criminal behavior.				303-443-8500 http://www.mhpcolorado.org
Mental Health Partners – Salud Clinic	Consultation of real-time with patient and health providers. Two MHP staff and one works with older adults (60+), also provides some short-term therapy.				Integrated model is an effective one.
Mental Health Partners – Senior Reach Program	In-home therapy (presenting issues are usually depression, anxiety, some dementia). 1.25 clinician for entire county. Average of 8 – 10 sessions provided.	60+ adults.			Traumatic Brain Injury, Autism, and Development Disabilities are not covered. Senior Reach funded by County 1A dollars.
Mental Health Partners – Wellness Center 834 South Sherman Street, Longmont	Psychosocial rehab. Assertive community treatment. Prison re-entry (Quest). Not therapeutic, but community support and to connect with people. Intensive out-patient; provide service real-time in the community. Nursing service. Housing assistance: 300 vouchers. Some rep payees. Skill-building		Client choice. Lack of family support. Life struggles.	Client choice	

Agencies/Organizations					
Name, Location, Contact Info	Description of Services	Target Population	Eligibility Criteria	How to Access Service	Comments
<p>Mental Health Partners - Coffman Clinic Site</p> <p>529 Coffman Street, Longmont</p>	<p>Therapy services: children to adults.</p> <p>CIP – Community Infant Project</p> <p>Early Childhood consultation to child care providers about behavioral issues with children in their care. Outpatient – episodic issues – DBT.</p> <p>Year-long service (average).</p> <p>Addiction Recovery Center – dual diagnosis, DUI, women services, SA group Wellness, nursing, prescriptions/psychiatric services.</p>	<p>Meet medical necessity/covered diagnosis. Self-pay: Boulder, Broomfield Counties.</p> <p>(no Traumatic Brain Injury, Autism, Dev. Dis.)</p>	<p>Call and can do a walk-in.</p> <p>Screening call: 303-443-8500; screening call takes 20 minutes. No clients accepted that aren't in their insurance network. Accept Medicaid, Medicare, CHP+, Medically indigent. Can serve people not lawfully present.</p>		
<p>National Alliance on Mental Illness (NAMI) – Boulder Chapter</p> <p>1333 Iris Avenue, Boulder, CO 80304</p> <p>303-441-4591</p> <p>info@namibouldercounty.org</p>	<p>Nonprofit, self-help, support and advocacy organization of people with mental illnesses.</p>	<p>All ages – people with mental illness and their family members.</p>		<p>Telephone or email for more detailed information.</p>	
<p>Porter Adventist Hospital – Behavioral Health Services</p> <p>2465 S Downing Street</p> <p>Denver, CO 80210</p> <p>303-778-5774</p>	<p>The Centre for Behavioral Health at Porter Adventist Hospital provides a complete spectrum of outpatient and inpatient mental health services utilizing various evidence-based therapeutic approaches to help individuals find support and overcome obstacles.</p> <p>Individual and family counseling for adults, teens,</p>		<p>Accept most managed healthcare insurance plans. A sliding fee schedule is available for those clients who qualify and do not have health insurance coverage. Unable to accept Medicaid.</p>	<p>Appointment and referral information:</p> <p>303-778-5774</p> <p>www.porterhospital.org</p>	

Agencies/Organizations					
Name, Location, Contact Info	Description of Services	Target Population	Eligibility Criteria	How to Access Service	Comments
	and children is provided by licensed, Masters-educated counselors specializing in family counseling, cognitive behavioral therapy, play therapy and trauma therapy. Psychiatric medication management services for all ages.				
Safe Shelter of St. Vrain Valley	Counseling for adults/youth, legal advocacy, support groups, 24/7 crisis shelter	Domestic violence survivors, individuals, children.	Everything is free and confidential.	Call 303-772-4432 and speak to an advocate.	Located in Longmont.
Second Wind Fund of Boulder County	Counseling services for youth with thoughts of suicide.	Uninsured, or underinsured.		Needs to be referred by a school counselor. www.swfbc.org	
TLC Learning Center	Occupational, physical, speech therapy, childcare	Children birth to 13 Childcare for birth to 6	Full pay, sliding scale, government assistance	303-776-7417 http://www.learningwithtlc.org/	
Wild Plum Center	Weekly in-home visits from a teacher using an educational program that focuses on building the child's skills and brain functioning. Teachers also help parents with goal setting, self-sufficiency, healthy family functioning and connecting to community resources.	Parents of children ages 0 – 3 who earn less than 100% of the Federal Poverty Level and want and/or need support to ensure the developmental and educational success of their child.		303-776-8523 WildPlumCenter.org Mental health conversation contact: Kristi 303-848-8008	

Private Providers					
Name, Location, Contact Info	Description of Services	Target Population	Eligibility Criteria	How to Access Service	Comments
Family Law	Assistance in dealing with family law issues	Families and individuals		Angie Layton 720-934-9497	
Independent Caregiver – Transition Care LLC 720-360-6129	Non-medical companion care		Private pay	Susan Broidy 720-360-6129 snbroidy@gmail.com	
Kathleen Naman, MA, LPC	supportfordepression.com ; information about depression, bipolar spectrum; resources			www.supportfordepression.com	
Licensed Professional Counselor	Education, talks on mental health issues, counseling, sliding scale	Adults, community groups, families		Judith Partin 303-444-6423 hdanalyst@juno.com	
Manual Therapy (Bodywork) Somatic Therapy	Adjunct treatment for depression, anxiety, bereavement, palliative care		Private pay (no insurance coverage), sliding scale option	Jaymi Devans, FNP Mountain Hands at the Longmont Healing Arts Clinic jaymi@mountainhands.com 303-887-0748	
Mentorship/Consulting on Autism (ASD)	Work with families/schools/organizations and employers to create greater awareness and understanding about ASD to create neurodiverse Communities.	Anyone with direct full lifespan connection to individuals with ASD (of all ages) or desiring greater understanding.		Autism in Community c/o Michele Newman 303-501-5187 Autism.in.community@gmail.com	Expectation is to create an intermediary connection/be an interpreter between those living with autism and those not on spectrum. Focus is awareness and respect.
SafeTALK – Suicide Alertness Training	Three hour training to teach people to be alert to and get resources for someone with thoughts of suicide	15 and older		Robyn Morgan Ph.D. RedwingProjects@yahoo.com	

Private Providers					
Name, Location, Contact Info	Description of Services	Target Population	Eligibility Criteria	How to Access Service	Comments
Solution-Focused Chronic Pain Management	A simple, empowering, evidence-based approach to enhance the quality of life, despite the presence or persistence of chronic pain.	Anyone who suffers from chronic pain, and lacks sufficient psychosocial support.		Jay E. Valusek, M.Ed., 303-485-8793 jay@jayevalusek.com http://pain.jayevalusek.com	This is a unique new approach to pain management that includes a multi-week training program, private lessons, and an ongoing support group in Longmont.
SoundWell Music Therapy	Mental health counseling and music therapy service specializing in grief and loss, life transitions, and mood disorders	Individuals of all ages, including families with small children, older adults (including those with Alzheimer's), and end-of-life care;	Affiliated with Boulder Counseling Cooperative for reduced fee services	Faith Halverson-Ramos, MA, LPC, MT-BC 303-521-2791 faith@soundwellmusictherapy.com	Is licensed Professional Counselor and board-certified music therapist who works with people of all ages in Boulder County. Accepts private pay, and also affiliated with Boulder Counseling cooperative for reduced fee services.
Charleston Assisted Living, LLC.	Secured assisted living community	People needing assistance with activities of daily living and medication management		Cindy Morrison cindym@cmcal1.com	

Community Resources					
Name, Location, Contact Info	Description of Resource	Target Population	Eligibility Criteria	How to Access Resource	Comments
Armenians of Colorado	Link to Armenian Community for interpreters, volunteers and cultural support			Internet, Facebook http://armeniansofcolorado.org	
Broken: My Story of Addiction and Redemption, by William C. Meyers	Presentation	All	Free event presented by Interfaith Network on Mental Illness	Held on Thursday, April 28 at CU Law School from 6:30 p.m. – 8:30 p.m. Check www.inmi.us for more details.	
Faith Communities	Most churches have counselors.				They need to be a part of our action.
INMI (Interfaith Network on Mental Illness)	Mission is to increase awareness and understanding of mental illness among clergy, staff, lay leaders and members of faith communities and help them more effectively develop and nurture supportive environments for persons dealing with mental illnesses and their families and friends.	INMI offers resources and support to clergy (pastors, ministers, priests, rabbis, imams, etc.), staff, lay leaders and members of faith communities. In the Boulder/Broomfield, Colo. area,		http://www.inmi.us/	Alan Johnson of First Congregation Church in Boulder started this.
Nextdoor.com	A rapidly growing social media platform based on local neighborhoods within cities	Anyone living within specified neighborhoods (or who wants to start one)		Nextdoor.com (look for your city/community)	A new and effective way to connect with your neighbors
Safe2Tell Colorado	Anonymously report anything that concerns or threatens you, your friends, your family, or your community.	Youth		http://devs2tco.coag.gov/content/submit-tip 1-877-542-7233	

Community Resources					
Name, Location, Contact Info	Description of Resource	Target Population	Eligibility Criteria	How to Access Resource	Comments
Soft Voices Drop-In Center 501 5 th Ave (SW corner of Kimbark & 5 th Ave), Longmont 303-776-0410 http://Softvoices.org	A drop-in for anyone in Longmont who has mental health issues. The focus is conversation, arts and crafts as a way to lower stigma and build community.	Anyone is welcome at Soft Voices.		Meets Tuesdays 10a – 12p; Wed, Thurs, Fri & 2 nd Sat 1p-3p	For more information: Sharon McCaffrey, 303.437.7812
Stamp Out Stigma	A national educational campaign that is unique in its anti-stigma approach, by creating a forum in which individuals with mental illness share their personal experiences with the community at large.	All		www.stampoutstigma.net	Idea: Consider involving Mental Health Partners and Via.
Sutherland Center at University of Colorado	Services for people with bipolar disorder and their families	People with bipolar disorder and their families		Robert D. Sutherland Center for the Evaluation and Treatment of Bipolar Disorder University of Colorado at Boulder – Department of Psychology Box 345 UCB, Boulder, CO 80309-0345 • Phone: 303/492-5680 • Fax: 303/492-2967 http://rdsfoundation.org	The Center offers a series of eight educational sessions two times each year at no charge (or for a small donation)
Colorado Mental Wellness Network (CMWN)	Provides support and self-advocacy; led by individuals with mental health conditions and family members	Persons with mental health conditions and family members		CMWN, 1031 33 rd Street #237, Denver, CO 80205, Ph: 720.842.9222	
Depression Bipolar Support Alliance (DBSA)	Support group			Laurie Woodman H) 303-833-4036 C) 303-810-9629	Meet Wednesday nights 6pm; alternate between Longmont and Firestone.

Community Resources

Name, Location, Contact Info	Description of Resource	Target Population	Eligibility Criteria	How to Access Resource	Comments
HOPE Coalition (Hold On Please Everybody)	Educate the community about treating depression and preventing suicide.	All events and information are free of charge.		www.hopecoalitionboulder.org	

Individual Skills, Talents and Resources

Name, Location, Contact Info	Description of Resource	Target Population	Eligibility Criteria	How to Access Resource	Comments
Compassionate Communication	Support with listening, hearing, empathy	Everyone		Genevieve Keller Genevievebk1@aol.com RMCCN.org	
Diane Jenni Hill	Author and public speaker relating to criminalization of mental illness. Book published: Mattie Tate v. City of Detroit	Organizations (e.g. Rotary), churches		Diane Hill 720-420-4120 dianehill900@yahoo.com Or Lynette McClain to schedule speaking presentations 303-681-7722 Lynette.mcclain@gmail.com	
Film Screening – Buried Above Ground www.Buriedaboveground.tv	Film – to help reduce stigma for PTSD – building conversation			Angie Layton 720-934-9497	Sponsored by Business and Professional Women and Rotary
LAPN: Longmont Association Practitioners Network	Network of practitioners in mental health field for collaboration, support for practitioners, psycho-education	Must be a practitioner (therapist, psychiatrist, psychologist, coach, etc.) or community members who are involved with helping others.		Search for LAPN in Yahoo Groups – click on ask to join the group, can also email jenniferphillips_ma@gmail.com	
Support Together	Support group for those working with depression, bipolar disorder and their family members	Those working with depression, bipolar disorder and their family members		Diane Dworken, facilitator; Ph: 303.682.2911 Notes: Meets Friday evenings from 5:30 p.m. – 8:00 p.m. at United Church of Christ, 9th Avenue & Francis Street, Longmont	
Hearing Voices Group	For those experiencing auditory or visual hallucinations	Group education and support		Ron@ronaldbassman.com	

Hearing Voices Network	Provides groups and group facilitation training to community members who are interested in providing support to individuals who hear voices or discussing their symptoms with peers.	Individuals who hear voices and are looking for support from peers and providers		Hearingvoicesusa.org infor@hearingvoicesusa.org (for scheduling a training or more information)	This is a new group and organization in its infancy of implementation in the state of Colorado.
------------------------	--	--	--	--	---

Other					
Name, Location, Contact Info	Description of Resource	Target Population	Eligibility Criteria	How to Access Resource	Comments
Check Out A Human – Library	Opportunity for someone to make an appointment to speak to another in a safe place (the Library) to talk about personal experiences.				Judith Anderson can get more information – Longmont Library 303-651-8475 Judith.anderson@longmontcolorado.gov
Clubhouse Working Group Meeting	“A Clubhouse is a community intentionally organized to support individuals living with the effects of mental illness. Through participation in a Clubhouse people are given the opportunities to rejoin the worlds of friendships, family, important work, employment, education, and to access the services and supports they may individually need. A Clubhouse is a restorative environment for people who have had their lives drastically disrupted, and need the support of others who believe that recovery from mental illness is possible for all.”			https://www.facebook.com/ClubhouseInBoulder/ Longmont meeting: May 16, 2016 5:30p – 7p CPWD 615 N. Main Street Longmont	
Naropa – Windhorse Community Services 1501 Yarmouth Boulder 303.786.9314, ext. 125	Home and community-based support for recovery from mental health challenges; Contemplative psychotherapy approach.				

Mental Health Colorado – online screening	Online tool allows Coloradans to assess their risk of depression, anxiety, and other mental health conditions.	Anyone interested in determining if they are experiencing symptoms of a mental health condition.	Anyone with an internet connection	http://www.mentalhealthcolorado.org/screenings/	
MoodScope	Free online mood tracker				www.moodscope.com
PBS Film Series: Ride the Tiger	PBS film series that initially ran April 11 – 16, 2016; covers research on depression and bipolar disorder.	All		Go to www.pbs.org	
Practices for Inner Peace – Longmont (PIP)	PIP is a group of organizations and practitioners dedicated to sharing with the community a variety of practices to promote inner peace. This is done with free community events, including Day of Meditation in the winter and Wake Up! in spring/summer.	Anyone from the community who is interested in contemplative practices and tools for experiencing inner peace is welcome to attend.		www.piplongmont.org piplongmont@yahoo.com	
Space needed for Soft Voices 303-776-0410	Accessible space needed for Soft-Voices drop-in 3 small rooms Restroom and room for art 5 days/week 2+ hours/day				
Volunteer services (would like to volunteer services)	Provide/serve on advocacy or advisory group – mental health	Homeless population, mentally ill and criminal population, or youth population		Lynette McClain 303-681-7722 Lynette.mcclain@gmail.com	Just moved to Longmont couple of years ago and not aware of all of the available opportunities/services