



Behavioral Health Resource Guide

The term “behavioral Health” refers to the promotion of mental health, resilience, and well-being; the prevention and treatment of mental and substance use disorders; and the support of those who are in recovery from these conditions along with their families and communities.

Revised March 2016
Community Health Action Coalition
Behavioral Health Team

Alternative Horizons

It is the mission of Alternative Horizons to provide support and alternatives to survivors of domestic violence and their families while striving to strengthen our community through education. Alternative Horizon's services are free, confidential and offered both in English and Spanish. Los servicios son gratis, confidenciales y ofrecidos en inglés y español.

Darlene Luisa Brace-Torres, LCSW
YouthTherapist@alternativehorizons.org
Hotline: 970-247-9619
Office: 970-247-4374
Direct Line: 970-403-1574

Axis Health System

Axis Health System (AHS) has been a leading behavioral health provider in the five counties of Southwest Colorado offering a full range of crisis, acute inpatient, and outpatient behavioral healthcare to patients of all ages. Patients can access services by walking into one of three open access locations in Cortez, Pagosa Springs, and Crossroads in Durango. After an initial assessment, patients are matched with the level of care that best meets their needs which may include therapy, family support, psychiatric medication treatment, case management, vocational services, and wellness groups. Axis Health System also offers a 24/7 crisis hotline, an acute inpatient psychiatric unit for crisis stabilization, and detoxification services. Axis Health System provides additional regional services in outlying communities through collaborations with Dove Creek Community Health Center and the Department of Human Services.

In addition to the extensive behavioral health care that is offered, Axis Health System strives to provide more residents access to fully integrated healthcare, including primary care, behavioral health, and dental. Integrated care is about treating the whole person where all patients have a care team to meet all of their healthcare needs. Integrated healthcare is an effective model to address behavioral health through regular screening, health education, and behavioral health intervention in close collaboration with patients' medical providers. AHS currently operates two integrated health centers: Cortez Integrated Healthcare and La Plata Integrated Healthcare. Axis Health also operates two integrated school-based health centers at Durango High School and Florida Mesa Elementary. Care is available to any Durango 9R student and school personnel.

View the AHS website to find the nearest location and more information on becoming a patient at www.axishealthsystem.org.

Stephanie Allred, 970-335-2223
sallred@axishealthsystem.org

Collaboration of Caring Communities

The Collaboration of Caring Communities is a grassroots group with member organizations representative of the faith-based community, non-profit agencies and governmental organizations. Our mission is *"Meeting the needs better by working together"* and our goal is to identify gaps in community services and work towards addressing those gaps while avoiding duplication. We frequently address issues of homelessness, affordable housing, transportation and self-sufficiency. The CCC meets monthly and our meetings range from business meetings where we have rich community resource updates and identify next steps for projects to hosting community educational presentations on topics such as those previously mentioned. Members who have been with the group since the inception in 2003 unanimously agree that the ability to network and problem solve with a broad representation of the service sector and stay abreast of local resources is the reason they're committed to the Collaboration of Caring Communities.

Eve Presler, communityorganizer007@gmail.com

CORHIO

CORHIO is a nonprofit, public-private partnership that is improving health care for all Coloradans through health information technology (HIT) and the implementation of electronic health information exchange (HIE). CORHIO manages and maintains the technology infrastructure that supports secure, efficient clinical information sharing among health care providers across Colorado.

Scott Wallace, 970-769-8797

swallace@corhio.org

Colorado State University Extension – La Plata County

Colorado State University Extension provides research-based programs specific to county needs. CSU Extension in La Plata county is dedicated to current needs of residents by providing educational information and programs that safeguard health, increase livelihood and enhance well-being.

Colorado State University Extension La Plata provides individual and group consulting classes to help with financial wellness and empowerment. Nutrition and food safety are also important classes to help health. If finances are not healthy, nutrition and health will suffer. If health suffers, finances cannot be healthy.

Wendy Rice, 970-382-6461

Wendy.rice@colostate.edu

Early Childhood Council of La Plata County

Now serving Archuleta, La Plata and San Juan counties! Current activities include: Social Emotional Development of Young Children, Early Childhood Systems, Child Care Resource & Referral, Quality Initiatives and Training in: Expanding Quality in Infant/Toddler Care, Medication Administration, Universal Precautions, First Aid/CPR, Pre-licensing, ASQ-3 & ASQ:SE, Pyramid Social Emotional, and Community Screening & Referral processes. We also offer mini grants to expand the capacity of child care for infants & toddlers and coaching for early childhood professionals. Early Childhood Mental Health consultation in child care programs is coming soon. Resources for parents are available below at the roadmap website.

Tamara Volz, Executive Director, tamarav@ecclaplata.org, 970-247-0760, Ext. 1

www.ecclaplata.org

www.roadmapforparents.org

Employee Assistance Services

Many local employers provide free, confidential, short-term, solution-focused counseling for employees as part of their benefit package. Typically, the employee has 3 – 8 sessions available per issue or year. Referrals are made to local providers for longer-term counseling. Legal and financial consults are often available as well. Employees can ask their Human Resources manager if this benefit is available to them. A local provider is Profile EAP located at 1010 Three Springs Blvd., Suite 248.

Jenny Treanor, MA, LPC, CEAP, 970-764-3760

JennyTreanor@Centura.org

Housing Solutions for the Southwest

Housing Solutions for the Southwest (HS) is known as a “one-stop-shop” for affordable housing services in Southwest Colorado. HS is the only agency in Southwest Colorado offering comprehensive, affordable housing services in conjunction with case management. The organization serves a five-county area that includes the counties of Archuleta, San Juan, Montezuma, La Plata and Dolores. This region also includes the headquarters for two tribal entities: the Southern Ute and the Ute Mountain Ute Tribes. The region covers a 6,584 square mile area and has a population of 91,000 people. HS has served this region for over 30 years. The organization handles over 6,000 client inquiries and directly assists approximately 1,000 families and individuals each year.

As a HUD Certified Housing Counseling Agency, HS offers counseling in multiple areas including Reverse Mortgage information for seniors owning their home; how to obtain, retain or maintain rental housing which often includes financial help through the Community Emergency Assistance Coalition; and Homeless Referrals. Additionally, HS offers Home Rehabilitation for homes in disrepair or needing accessibility features, Transitional Housing, and Housing Choice Vouchers. HS also owns and operates affordable housing including workforce housing in La Plata county and Senior Housing in Archuleta county. The goal for all of our programs is to provide long-term housing stability.

Receptionist, 970-259-1086, Ext.10

CEAC, 970-259-1086, Ext.12

www.sw housingsolutions.com

Community Emergency Assistance Coalition

CEAC is a collaborative multi-agency effort aimed at providing one-time emergency assistance to individuals or families facing financial crisis. It is located at Housing Solutions. Funding agencies include the United Way of Southwest Colorado, the La Plata County Department of Human Services, the La Plata Electric Round-up Foundation, AXIS, Manna, the Salvation Army Durango Area Service Unit, and many donations by local businesses, churches and individuals. Housing Solutions for the Southwest serves as the administrative agency for CEAC. Weekly advocacy is provided by Volunteers of America (VOA). Applicants must be a resident of La Plata or San Juan Counties. Assistance given should enable long-term financial self-sufficiency. Submitting an application to CEAC for consideration requires that certain information contained in the application be reviewed with third-parties. No per applicant dollar limits are specified, however, practical considerations based on available funding generally preclude grants exceeding \$1,000 with the majority ranging between \$400 and \$600. Although assistance types vary greatly, the majority of applications are for past-due rent and car repairs. Bills must be past-due and we need two estimates for car repairs. At this time, we do not assist with first-month rent or deposit. We do not fund medical care or legal fees including fines. We do not guarantee funding to applicants. On average, two-thirds of applications are funded. Applicants may call Housing Solutions for an appointment to apply.

Receptionist, 970-259-1086, Ext.10

CEAC, 970-259-1086, Ext.12

www.sw housingsolutions.com

La Plata Youth Services

La Plata Youth Services (LPYS) works with youth, families and communities in La Plata County through assessment, advocacy and programming that support positive youth development. LPYS is dedicated to providing strength based services for youth experiencing challenges at home, school and in the criminal justice system. Our programs support the individual needs of each youth. We focus on the interests and strengths of every adolescent to instill a sense of accountability and self-worth. LPYS believes in restoring our youth's community connections through meaningful community service, structured family support, and collaboration with volunteers and like-minded organizations in La Plata County. We accept referral requests from Municipal Court, District Attorney's office, Police, Sheriff Office, Durango 9-R, Bayfield and Ignacio school districts and parents. Our programs include restorative justice mediations and community conferencing; marijuana education and therapy groups; useful public service; academic services and tutoring support; case management; advocacy and mentoring services. For more information, please contact Katy Pepinsky or visit our website at www.lpys.org.

Katy Pepinsky, Executive Director
katy@lpys.org

League of Women Voters La Plata County

The League of Women Voters of La Plata County (LWVLPC) (www.lwvlaplata.org) is a nonpartisan political organization encouraging informed and active participation in government. It influences public policy through education and advocacy. LWVLPC is a member of the League of Women Voters of Colorado Education Fund which is a 501(c)(3) organization that covers all League education programs. The League of Women Voters of Colorado, our state organization, recently formed a Behavioral Health Task Force to produce an overview of Colorado's behavioral health system. The report of the task force assesses the state's current level of services, identifies existing needs, and makes recommendations for addressing those needs. The full report can be accessed at www.lwvcolorado.org/behavioral-health.html. As a result of this study, the LWVLPC will participate as a member of the CHAC Behavioral Health Committee to seek strategies for addressing our local behavioral health needs and will collaborate with the committee to educate our community on issues affecting the behavioral health of our population.

Missy Rodey, 970-749-3866
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Medicine Horse Center

Our Mission: "Horses and humans working together to foster healthier communities."

At Medicine Horse, it's all about horses helping people and people helping horses. It's about developing relationships with some amazing animals and discovering your best self. In our work, we constantly witness how horses nurture, inspire and heal a person's spirit, mind and body. Whether you want to become more assertive, see your child gain confidence and increase their social skills, or you would like to increase your mobility and balance, our family of equine assisted therapy and growth and learning programs has a place for you.

Medicine Horse Center, headquartered in the Mancos Valley and also operating from a facility in the Animas Valley, 5 minutes north of Durango, has been providing equine assisted therapies and experiential education services to the Four Corners community since 1999. We are a Colorado not-for-profit charitable 501(c)(3) corporation and a Professional Association of Therapeutic Horsemanship International Member Center (PATH Intl). Our mental health staff are licensed therapists in the state of Colorado and our equine staff are credentialed through PATH Intl.

970-533-7403, www.medicinehorsecenter.org

Mercy Regional Medical Center: Associate Wellness Program

Mercy's Wellness Center understands that making healthy lifestyle changes are hard and a little extra motivation and support can mean the difference in making those changes happen. We help individuals find the inspiration to succeed at their wellness goals by simplifying fitness and nutrition so one can maintain a healthy lifestyle and are fit to live the way they want to! Mercy's Wellness Coaches provide professional expertise to individuals in choosing a healthier lifestyle by addressing their specific goals, and offering training/exercise guidance and/or structured classes. The Wellness staff assess and track an individual's biometrics, flexibility, strength, cardio endurance, blood pressure, and lipids. Each participant completes a Wellness Lifestyle questionnaire, pre/post blood work and is encouraged to self-track according to their self-determined goals. Participants have access to wellness coaching, personal training, nutrition programs (i.e., The 21 Day Sugar Detox & Train Your Brain to Eat Healthy), and group fitness classes (i.e., Core/Balance, Yoga, Strength & Conditioning, High Intensity Interval Training and more!).

Jolie Ensign, 970-764-2701

jolieensign@centura.org

Mercy Regional Medical Center: Mental Health Trauma Prevention

Mercy Regional Medical Center is the only Level III Trauma Center in SW Colorado. One of the mandates of Trauma Centers is trauma prevention. Trauma relates to mental health and mental illness in a variety of ways. Trauma is a component underlying many psychological diagnoses. In the wake of the massacres at the Aurora Theater, Sandy Hook Elementary, and the terrorist bombings in Boston, it is important that we take a look at the ways the community can act to prevent trauma.

"Trauma is to mental health as smoking is to cancer!" stated Dr. Steven Sharfstein, former president of the American Psychiatric Association. Childhood trauma, in public health, is probably the single greatest preventable cause of mental illness. The impact of suicide and homicide are tremendous on trauma centers and our communities. 18% of trauma patients in the National Trauma Data Bank were intentional acts. That data doesn't even include trauma by suffocation or successful completion of suicide. To compound the issue, patients who have suffered trauma such as Traumatic Brain Injury and other serious injuries are at much greater risk of suicide. The connections between mental illness and traumatic injury are multi-faceted (for example: which came first, the mental illness or the trauma), but there is a huge impact on the community. Many persons who are involved in unintentional trauma are impaired by drug or alcohol use at the time of the injury. Often, they are trying to self-medicate their mental illness symptoms. We must somehow get control of the public health crisis of trauma and mental illness in its various forms.

GINNA SANDERS, 970-764-3402

virginiasanders@centura.org

Mercy Family Medicine at Horse Gulch

Behavioral Health Services are offered to Mercy Family Medicine Adult Primary Care patients on-site at Horse Gulch. Referrals to Behavioral Health need to be made by your primary care provider at Mercy Family Medicine. The address is 810 East 3rd Street, Suite 201, Durango, CO 81301

Flow Wolf, LCSW Behavioral Health, 970-764-1790

FAX 970-375-7927

flowwolf@centura.org

National Alliance on Mental Illness

NAMI (National Alliance on Mental Illness) Southwest Colorado helps with the challenges of mental health issues by providing information, education and support programs. We provide resources and referrals to individuals living with mental illness and to family members who need support, information and resources. We advocate for legislation locally and nationally to improve the quality of treatment for those with mental illness and to decrease the stigmatization of mental illness. Here in Durango, we currently offer the Family-to-Family education program which is a series of classes designed to help family members and friends of persons with mental illness maintain their own well-being. Family-to-Family is offered once in the spring and once in the fall. We also provide a Family Support Group that offers problem solving, sharing of resources, and empathic support for family members and friends of those with mental illness. The Family Support Group is offered the last Wednesday of every month. NAMISWCO also offers Peer-to-Peer sessions which is a 10-session course for adults living with mental health challenges that focuses on recovery, encouragement and hope. For questions about what we have to offer and for information about our programs, please contact:

Ashley Merchant, President, NAMI Southwest Colorado
nami.swco@gmail.com

Pura Vida Natural Healthcare

Dr. Nicola St. Mary is a Naturopathic Doctor and owner of Pura Vida Natural Healthcare. Pura Vida is a naturopathic medical practice that primarily focuses on optimizing mental-emotional wellness and digestive health. Dr. Nicola is dedicated to addressing each person as a whole, believing that the key to wellness is discovering the obstacles to health and learning how to overcome them. A licensed and board-certified physician from a fully accredited naturopathic medical school, Dr. Nicola is uniquely qualified to work with your current health providers to develop a partnership approach so that you can achieve total wellness. Highly trained in drug-nutrient interactions, Dr. Nicola will help you make the safest, most informed decisions when looking at all pharmacological therapies and alternative options. Because everyone's situation is different, Dr. Nicola is committed to taking the time to create an individual treatment plan for each of her patients. Her holistic approach is designed to enhance your overall wellbeing through empowerment and education in the most affordable and effective manner. She offers payment plans and Medicaid discounts. Dr. Nicola works with all age groups and speaks Spanish. Dr. Nicola offers a variety of classes and workshops that can be tailored to any population. She also offers customized worksite wellness programs, retreats, and lectures.

Office Manager: office@puravidahealthcare.com or 970-426-1684

San Juan Basin Health Serving Archuleta & La Plata Counties

San Juan Basin Health Department is an organized district health department that has served the residents of La Plata and Archuleta counties since 1948. It is governed by a local Board of Health whose seven members are appointed by the County Commissioners of the two counties. San Juan Basin Health's mission is to protect human and environmental health and inspire well-being in our community. We offer direct health services including: reproductive health for males and females; child health; immunizations; communicable disease; care-coordination for children, adults and senior populations; supplemental nutrition assistance and education (WIC); specialty clinics for children with special health needs; environmental health (food safety, water and air quality, septic permits); Options for Long Term Care case management (SEP); Nurse-Family Partnership for new moms; emergency preparedness; community health programs (tobacco and substance abuse prevention); assistance with Medicaid, CHP+ and Connect for Health (The Colorado Marketplace for health insurance); and bilingual/bi-cultural health educators and advocates for the Latino/Spanish speaking community.

970-247-5702, www.sjbhd.org

San Juan Basin Health Serving Archuleta & La Plata Counties: Promotora

A promotora is a bilingual, bi-cultural health educator and advocate for the Latino/Spanish speaking communities of La Plata and Archuleta County. The Promotora performs health risk screenings, provides patient navigation and support, makes referrals to primary care, assists with follow up, and coordinates “platicas” (group health sessions). The Promotora also assesses the health needs of the whole family including the need for preventive, mental, physical, oral health, immunizations and home care. The Promotora advocates for clients and helps them develop a self-management plan and navigate the system to meet their health needs.

Francilia Ehrig, 970-335-2062

fehrig@sibhd.org

Sexual Assault Service Organization

The Sexual Assault Services Organization was established in 1977 by a handful of grassroots volunteers to respond to victims of sexual violence having to deal with the challenges of navigating multiple judicial systems. Over 39 years, SASO has grown into a community resource offering 24-hour crisis hotline response, free support groups for survivors of sexual assault, advocacy services and case management in working through the process with law enforcement and the court system as well as therapy and community resource referral to support the individual’s healing process. Services have expanded to include outreach, education, and prevention programs taught county-wide in our schools, colleges, community organizations and on-site to stop sexual violence before it starts.

Maura Doherty Demko, 970-259-3074, Ext. 1

24-hour hotline: 970-247-5400

www.durangosaso.org

Southwestern Colorado Area Health Education Center

Southwestern Colorado Area Health Education Center (SWCAHEC) is a regional, independent, non-profit community-based organization that is affiliated with the state-wide Colorado AHEC Program and CU Anschutz Medical Campus. The mission of SWCAHEC is “to improve quality and accessibility of health-related education and community and public health programming for students, professionals, and community members. SWCAHEC has a special emphasis in serving underserved populations and on promoting collaboration with existing health resources while filling gaps that affect the health of the community”.

SWCAHEC builds local and state-wide network capacity and strengthens academic/community linkages in four core mission areas: 1) Pipeline programming such as the Health Careers Camp encourages rural, underserved and diverse students to pursue health careers and return to rural areas to provide quality services; 2) We partner with the Anschutz Medical Campus to coordinate rural clinical rotations for health profession students and provide housing, assist in locating meaningful service learning projects, and introduce and welcome them to the local communities. The goal is that they will return to the region to live and work thereby improving primary care infrastructure, access to health care, and enhancing the rural economy; 3) We coordinate and provide high quality continuing education opportunities for health professionals; and 4) SWCAHEC collaborates with other community organizations to fill gaps without duplication of efforts. While SWCAHEC does not directly work with patients, clients, and families, we collaborate with and support those organizations that do.

Kathleen McInnis, 970-375-3243

kathleen.mcinnis@swcahec.org

Southern Ute Tribal Court – Family Court Support Office

The Southern Ute Tribal Court is a treatment-oriented court providing an array of family support services to children, youth, adults and their families involved in court proceedings. The Family Court Support Office (FCSO) provides mental health/substance abuse assessment and treatment, mental health guardian ad litem services to at-risk children and their families, child custody evaluation, parent coordination services, mediation services, and therapeutic support/counseling services. Juvenile violence prevention programming is also provided in collaboration with Ignacio High School through Dialectical Behavioral Therapy (DBT) program services including equine therapy. Elementary aged children through high school aged youth are provided trauma-based treatment using the Structured Sensory Interventions for Traumatized Children, Adolescents, and Parents (SITCAP) curriculum individually. FCSO staff collaboratively work with other tribal departments and community members to offer a culturally appropriate, trauma-based, ongoing class series of Mending Broken Hearts – Healing from Unresolved Grief and Intergenerational Trauma.

Barbara Donica Pevny, MA, LPC, 970-563-0268

bpevny@southernute-nsn.gov

Southern Ute Tribal Court – Southern Ute Probation Office

FCSO works in collaboration with the Family Group Decision Making (FGDM) workgroup of Tribal departments, local treatment providers, and school personnel. The FGDM process enhances prevention by comprehensively addressing family risk factors earlier in the service continuum to divert legal or welfare system involvement and aids family-directed support and healing.

Barbara Donica Pevny, MA, LPC, 970-563-0268

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Southwest Center for Independence

Southwest Center for Independence (SWCI) supports independent living by and for people with disabilities and facilitates change within the community for the inclusion of all people. We envision a world where all people with disabilities are valued friends and neighbors receiving the supports they need to lead the lives they desire, defining their own quality of life, and contributing back to the community.

Jeanette Abella, 970-259-1672

il@swilc.org

Sunshine Gardens Senior Community

Sunshine Gardens Senior Community is proud to be Durango's first and only assisted living community. Sunshine Gardens began simply as an assisted living residence on 32nd Street and has grown into an entire senior campus with multiple services. Our Country Home sits on the beautiful Florida Mesa and provides assisted living for individuals with memory impairment. Residents who are a part of the Sunshine Gardens community enjoy the benefits of having 24-hour oversight by non-medical staff who can assist them with activities of daily living and medication management if desired. Each resident has an apartment furnished with their own belongings, and to make life convenient and enjoyable, the following services are provided: housekeeping, laundry, maintenance, transportation, three meals per day plus snacks, an extensive social calendar, and access to physical & occupational therapy through our in-house, out-patient rehabilitation gym.

970-402-8660

administration@sgwseniors.com

Susan McGinness, Psychologist

Susan McGinness, Psychologist, retired as Director of Counseling at Fort Lewis College. She has 40 years of experience (28 in Durango) in behavioral health with specialization in depression, anxiety, suicide assessment and prevention, family counseling, and relationship issues. She is currently involved with a small private practice with the primary focus being on playfully aging.

Susan McGinnis, 970-247-1810
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University of Denver, Graduate School of Social Work (GSSW) Four Corners Program Durango, Colorado

The Mission of the Four Corners Program is to:

- To offer a quality social work masters education to people who have to-date been excluded from such opportunities.
- To reach out to and engage local communities in the design and implementation of a graduate social work education that empowers local communities based on their identified needs.
- To expand the cultural diversity of the school by including regional experts in curriculum development and instruction.
- To expand the economic base of the social work school by increasing enrollment through off-campus educational programs.

The Four Corners Program offers three routes to earning a Master's in Social Work Degree:

- Two-year MSW Program (requires a Bachelor's Degree)
- Advanced Standing one-year program (requires a Bachelor's Degree in Social Work)
- Fort Lewis and University of Denver Cooperative Undergraduate/Graduate Degree Five-Year Program

Wanda Ellingson, MSW, ACSW, LCSW, 970-247-9773
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Additional ideas for positive mental health:

1. La Plata Integrated Care; Axis Health System Empowerment Center and WHAM (wellness health action management); Axis Mental Health
2. Crossroads Acute Treatment Unit (not suitable atmosphere for children)
3. Durango 9-R School-Based Health Centers for children and adolescents
4. DHS Summit Program
5. Human Services (paying for GED classes)
6. Durango Herald Community Input Group (monthly opportunity)
7. Boys and Girls Clubs
8. 4-H
9. FFA
10. Athletics
11. Recreation Centers
12. Sun Ute Knowledge Bowl
13. Peer mentoring
14. Church youth groups
15. Big Brothers Big Sisters
16. Foster homes (Cortez Safecare)
17. SW Housing Solution-transitional housing (Housing to Wholeness curriculum)
18. Nutritional commodities (offered two times per month)
19. Women's Resource Center
20. SNAP education and Cooking Matters classes
21. Montessori Model
22. Random drug testing (not just school athletes)
23. Churches, government, non-profits
24. Durango Education Center, Fort Lewis College, SW Community College
25. Mentoring positive relationships, older kids working with younger, elders and youth
26. Private Therapists
27. AA, NA, OA Alanon, Alateen
28. FLC Counseling Center
29. Sexual Assault Services Organization (SASO)
30. Second Wind
31. Alternative Horizons
32. Telephone hotlines
33. Peaceful Spirit Treatment Center
34. Animas Valley facility for recently released male offenders
35. Hilltop
36. VA Clinic
37. Alzheimer's Association
38. Rocky Mountain Offenders Management System (RMOMS)
39. Vocational Rehabilitation
40. Mental Health First Aid