

Range of Mental Health and Substance Use Programs and Services

Prevention

Intervention

Treatment

Aftercare

PROMOTION and PREVENTION	INTERVENTION	TREATMENT & ON-GOING SERVICES	AFTERCARE
<ul style="list-style-type: none"> • Information and Referral: Provides information to the consumer; Directory listings, Sources for people to understand how and where to get help • Campaigns: Promotion of mental health awareness, stigma reduction and alliance among the community and agencies • Training & Education: Education about mental health and substance use • Screenings and Early Identification: Tools to identify mental health and substance use • Financial Resources: Sources of financial funding and grants to support services • Protective Factor Promotion: Programs that strengthen individuals increase emotional resilience to promote self-esteem, and life and coping skills such as communicating and negotiating, relationship and parenting skills • Promotion of Healthy Conditions: Creating social and environmental conditions which promote health 	<ul style="list-style-type: none"> • Detox: Detox unit • Behavioral Health Evaluation & Testing: Evaluations and testing for intellectual functioning, ADHD, Learning disabilities • Crisis Services: 24/7 on call crisis team • Assessment and Referral: Identify needs and refer to appropriate resource • Employee Assistance Programs (EAP): Employee programs • Legal Resources: Sources of legal support and assistance 	<ol style="list-style-type: none"> 1. <u>INPATIENT</u> Psychiatric hospitalization, rehabilitation programs 2. <u>OUTPATIENT</u> Services supporting mental health and substance use disorder outside of hospitalization: <ul style="list-style-type: none"> • Counseling Services: Licensed psychotherapists, psychologists, school counselors • Medication Management: Psychiatrists, nurse practitioners provide and oversee medication services • Intensive Outpatient: Services between hospitalization and stabilization for pre/post crisis include partial programming, acute programming • Integrated Care/Care Coordination: Includes primary and behavioral healthcare integration. It involves bringing together various providers and information systems to coordinate health services, patient needs, and information to help better achieve the goals of treatment and care • Coaching: Business & personal coaching • Peer Counseling: Individuals trained to support others suffering from mental illness or addiction through education, one-to-one counseling, or self help groups • Access to Care: Increase number of providers, culturally informed services, capacity of mental health hospitals and detox; financial support 	<ul style="list-style-type: none"> • Support Groups/ Peer and Community Support • support mental health or drug and alcohol services • Case Management: Advocacy, communication, and resource management supporting continued stabilization and quality care • Stabilization Services: Community and supplementary programs and services for continued stabilization and quality care of consumer

Pitkin County- Mental Health Programs and Services for Adults

Prevention	Intervention	Treatment	Aftercare
PREVENTION & EDUCATION	INTERVENTION	TREATMENT & ON-GOING SERVICES	AFTERCARE
<ul style="list-style-type: none"> • Information and Referral-A Way Out; Hope Center; NAMI; TRIAD; Aspen Strong; Mind Springs Health; Pediatricians; DHS; Aspen Family Connections AFC; Sheriff; WMRHA; Public Health • Campaigns - A Way Out; Hope Center; NAMI; TRIAD; Mind Springs Health; Whole Health; Public Health; DHS; WMRHA; Aspen Strong; Sheriff; Physicians • Training & Education - A Way Out; Hope Center; NAMI; TRIAD; Mind Springs Health; Aspen Strong; AFC; DHS; Physicians • Screenings - Hope Center; TRIAD; Aspen Strong; Mind Springs Health, Mt. Family Health Center; Physicians; DHS; WMRHA; schools; A Way Out • Financial Resources - Aspen Community Foundation; A Way Out; Hope Center; TRIAD; Aspen Strong; Mind Springs Health; AFC; School district grants; DHS; WMRHA; Sheriff • Protective Factor Promotion - Aspen Strong; Sheriff; Physicians; Hope Center; A Way Out; AFC; Schools; Mind Springs Health • Promotion of Healthy Conditions - Aspen Strong; Physicians, Hope Center; AFC, Public Health; Mind Springs Health, A Way Out. • Coordination - Aspen Strong, WMRHA, AFS, AFC, Public Health, IOG/CMP, DHS • Distribution Partners - Kids First; FVP; MFHC; VHA; AVH; TRIAD; RFSD; CMP; Buddy Program; AYC 	<ul style="list-style-type: none"> • Social Detox Recovery Resources • Behavioral Health Evaluation & Testing TRIAD; Mind Springs Health (Aspen & GWS) • Crisis Services Hope Center; TRIAD; Mind Springs Health (Aspen & GWS) • Assessment and Referral Hope Center; TRIAD; Mind Springs Health (Aspen & GWS); Whole Health • Employee Assistance Programs (EAP) - Hope Center; TRIAD; Mind Springs Health ASPEN • Legal Resources - TRIAD 	<ol style="list-style-type: none"> 1. <u>INPATIENT</u> <ul style="list-style-type: none"> • Hospitalization West Springs Hospital; Transitions/Stabilization Unit • Rehabilitation NA 2. <u>OUTPATIENT</u> <ul style="list-style-type: none"> • Counseling Services Hope Center; TRIAD; Mind Springs Health (Aspen & GWS), Mt. Family Health Center • Medication Management Hope Center; Mind Springs Health (Aspen & GWS) • Intensive Outpatient Hope Center; Mind Springs Health (Aspen) • Coaching Hope Center; TRIAD • Peer Counseling Hope Center; NAMI; Mind Springs Health (Aspen & GWS) 	<ul style="list-style-type: none"> • Support Groups Hope Center; NAMI; Mind Springs Health (Aspen & GWS) • Case Management Hope Center; TRIAD; Mind Springs Health (Aspen & GWS); Mt. Family Health Centers • Stabilization Services Hope Center; Mind Springs Health (GWS)

Pitkin County- Substance Use Programs and Services for Adults



PROMOTION and PREVENTION	INTERVENTION	TREATMENT & ON-GOING SERVICES	AFTERCARE
<ul style="list-style-type: none"> • Information and Referral - A Way Out; Aspen Hope Center; TRIAD EAP; Aspen Strong Foundation; Mind Springs Health; West Springs Hospital • Campaigns - A Way Out; Whole Health • Training & Education - A Way Out; Aspen Hope Center; TRIAD EAP; Mind Springs Health • Screenings – A Way Out; Aspen Hope Center; TRIAD; Aspen Strong; Mind Springs Health; West Springs Hospital • Financial Resources - Aspen Community Foundation; A Way Out; TRIAD; Aspen Strong; Mind Springs Health; West Springs Hospital 	<ul style="list-style-type: none"> • Detox Mind Springs Health • Behavioral Health Evaluation & Testing A Way Out; TRIAD; West Springs Hospital • Crisis Services A Way Out; Mind Springs Health; West Springs Hospital • Assessment and Referral A Way Out; Hope Center; TRIAD; Mind Springs Health; West Springs Hospital; Whole Health • Employee Assistance Programs (EAP) - TRIAD EAP; Mind Springs Health • Legal Resources - N/A 	<ol style="list-style-type: none"> 1. <u>INPATIENT</u> <ul style="list-style-type: none"> • Hospitalization West Springs Hospital; Transitions/Stabilization Unit • Rehabilitation NA 2. <u>OUTPATIENT</u> <ul style="list-style-type: none"> • Counseling Services A Way Out; TRIAD; Mind Springs Health, Mt. Family Health Center • Medication Management A Way Out; Mind Springs Health; West Springs Hospital • Intensive Outpatient Hope Center • Coaching • Peer Counseling A Way Out; Mind Springs Health; West Springs Hospital 	<ul style="list-style-type: none"> • Support Groups Mind Springs Health; West Springs Hospital • Case Management A Way Out; TRIAD; Mind Springs Health; West Springs Hospital • Stabilization Services A Way Out; Mind Springs Health; West Springs Hospital (GWS)

Pitkin County- Mental Health & Substance Use Programs and Services for Youth

Prevention	Intervention	Treatment	Aftercare
PROMOTION and PREVENTION	INTERVENTION	TREATMENT & ON-GOING SERVICES	AFTERCARE
<ul style="list-style-type: none"> • Information and Referral: Aspen School District; Aspen Youth Center; Family Resource Center, Roaring Fork School Health, Kids First, Youth Zone, Aspen Strong, Physicians, Aspen Family Connections (AFC), Public Health, DHS Child Welfare, Aspen Hope Center • Campaigns: Public Health, AFC, Mind Springs Health, Aspen Hope Center • Training and Education: Aspen School District, Roaring Fork School Health, Hope Center, AFC, Public Health, Mind Springs Health, DHS • Screenings: Kids First, Roaring Fork School Health, Youth Zone, Physicians, Mind Springs, Hope Center, Aspen Strong, DHS, MFHC • Financial Resources: AFC, Youth Zone, ACF, IOG • Protective Factor Promotion: Aspen Youth Center- mentoring; The Buddy Program- mentoring, AFC parent workshops; Kids First- parent trainings; YouthZone- mentoring; Communities that Care; Schools, Physicians, IOG, DHS • Promotion of Healthy Conditions - City of Aspen and Pitkin County, ARC, ASD, Law Enforcement, Public Health, Valley Marijuana Council 	<ul style="list-style-type: none"> • Detox: serves 14-18, no adult admission while youth are served • Behavioral Health Evaluation & Testing: Mind Springs Health- SU evaluations for DUI & MIP; detox • Crisis Services: Aspen Hope Center • Assessment and Referral: Aspen Hope Center; Aspen School District- referral to counselors; Roaring Fork School Health Center-referral to counselors; The Buddy Program; Family Resource Center- funding & case management to help Basalt students access intervention; Valley Partnership for Drug Prevention; YouthZone- crisis assessment & assistance • Employee Assistance Programs (EAP) - N/A • Legal Resources: YouthZone- home detention, pre-trial supervision 	<ul style="list-style-type: none"> • INPATIENT • Hospitalization West Springs Hospital; Transitions/Stabilization Unit • Rehabilitation NA 2. OUTPATIENT • Counseling Services A Way Out; TRIAD; Mind Springs Health; The Buddy Program; YouthZone • Medication Management A Way Out; Mind Springs Health; West Springs Hospital • Intensive Outpatient Aspen Hope Center- crisis stabilization treatment • Coaching: N/A • Peer Counseling A Way Out; Mind Springs Health; West Springs Hospital; Basalt High School- Transitional Leadership Class; Roaring Fork School Health Center- assistance with creating support groups in school • Care Coordination: Family Resource Center, YouthZone • Access to Care: Family Resource Center- funding 	<ul style="list-style-type: none"> • Support Groups Hope Center; NAMI; Mind Springs Health (Aspen & GWS); The Buddy Program; Roaring Fork School Health Center; Youth Zone • Case Management Hope Center; TRIAD; Mind Springs Health (Aspen & GWS); Mt. Family Health Centers; The Buddy Program; Family Resource Center ; YouthZone • Stabilization Services Hope Center; Mind Springs Health (GWS)

Pitkin County Mental Health and Substance Use Primary Contacts for Adult Services

Agency Name	Phone Number	Website
A Way Out	970-429-8605	www.awayout.org
Aspen Community Foundation	970-925-9300	www.aspencommunityfoundation.org
Aspen Hope Center	970-925-5858	www.aspenhopecenter.org
Aspen Strong		www.aspenstrong.org
Mind Springs Health-Aspen	970-920-5555 888-207-4004 (crisis)	www.mindspringshealth.org/treatment/locations/aspen
Mind Springs Health –Glenwood	970-945-2583 888-207-4004 (crisis)	http://www.mindspringshealth.org/treatment/locations/glenwood-springs
Mt. Family Health Centers	970-945-2840	https://www.mountainfamily.org/our-clinics/basalt-co/ https://www.mountainfamily.org/our-clinics/glenwood-springs-co/
NAMI-Roaring Fork Valley	970-618-7770	http://www.nami.org/Local-NAMI/Details?state=CO&local=cb37750-b2dc-4577-98e1-a7134f572ff3
Recovery Resources	970-379-0955	FB: Recovery Resources; email recoveryresourcesllc@gmail.com
Triad- EAP	970-242-9536 877-679-1100 (Toll Free)	www.triadeap.com
West Springs Hospital	970-384-3035 888-207-4004 (crisis)	http://www.mindspringshealth.org/treatment/west-springs-hospital
Whole Health	970-683-7078	http://www.mindspringshealth.org/professional-resources/whole-health-llc

Pitkin County Mental Health and Substance Use Primary Contacts for Youth Services

Agency Name	Phone Number	Website
Aspen Hope Center	970-925-5858 (crisis)	www.aspenhopecenter.org
Aspen School District	970-925-3760	http://www.aspenk12.net
Aspen Youth Center	970-544-4130	http://www.aspenyouthcenter.org/
Basalt High School	970-384-5959	http://bhs.rfsd.k12.co.us/
The Buddy Program	970-920-2130	http://www.buddyprogram.org/
Family Resource Center	970-384-5694	http://frc.rfsd.k12.co.us/
Kids First	970-920-5363	http://www.aspenpitkin.com/Departments/Kids-First
Mind Springs Health-Aspen	970-920-5555 888-207-4004 (crisis)	www.mindspringshealth.org/treatment/locations/aspen
Mind Springs Health –Glenwood	970-945-2583 888-207-4004 (crisis)	http://www.mindspringshealth.org/treatment/locations/glenwood-springs
Mt. Family Health Centers	970-945-2840	https://www.mountainfamily.org/our-clinics/basalt-co/ https://www.mountainfamily.org/our-clinics/glenwood-springs-co/
Roaring Fork School Health Center	970-384-6054	http://bhs.rfsd.k12.co.us/counseling/roaring-fork-school-health-centers.html
YouthZone	970-920-5702	http://www.youthzone.com/