

Douglas County Mental Health Initiative

A UNIQUE COMMUNITY PARTNERSHIP

Mental Health Resources

A note for those seeking services:

To continue to meet the needs of the community and those patients requiring admission to residential levels of care or utilizing walk in crisis services, while limiting the possibility of contributing to poor outcomes for individuals at highest risk due to COVID-19 exposure, all facilities are completing a screening process that will ask about various risk factors (travel, exposure, symptoms, comorbidities, age, etc). Anyone experiencing symptoms should contact their medical professional.

All counseling services are being delivered via telehealth capabilities.

<u>Organization</u>	<u>Services Offered</u>	<u>Location(s)</u>	<u>How to Access</u>	<u>Payment</u>
AllHealth Network	<ul style="list-style-type: none"> • Telehealth Counseling and Substance Use treatment • Telepsychiatry for medication management • Home induction for MAT • Telehealth intensive outpatient (IOP) • Walk In crisis center-evaluation and support for psych emergencies 24/7 • Crisis Stabilization Unit • Acute Treatment Unit • All ages 	Castle Rock DTC Highlands Ranch Littleton Parker	<p>303-730-8858 www.AllHealthNetwork.org</p> <p><u>24-hour Crisis Walk in Center:</u> 6509 S Santa Fe Dr Littleton, CO 80210</p>	Insurance (some Kaiser) Medicaid Medicare Self-Pay

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<p>AllHealth Network, Colorado Spirit Program</p>	<ul style="list-style-type: none"> • Support around feelings of worry, sadness, hopelessness, or even anger that life during the pandemic brings up • Understanding and managing stress • Help with coping strategies • Connection with resources <p>Not sure what would help? Contact us and let's talk (see link)</p>	<p>Virtual resource</p>	<p>https://www.allhealthnetwork.org/colorado-spirit/</p>	<p>Coping skill activities and tips available online; free counseling</p>
<p>Aspen Ridge Recovery</p>	<ul style="list-style-type: none"> • Telehealth counseling services • PHP level in house transitional housing • Mental Health and Substance Use • No alcohol or Benzo detox capabilities 	<p>Lakewood</p>	<p>855-273-7802</p>	<p>Insurance Self-Pay</p>
<p>Aurora Mental Health</p>	<ul style="list-style-type: none"> • Individual, group and family services • Day Treatment • Medication • Assessments • Substance Recovery and Detox services 	<p>Aurora (multiple locations)</p>	<p><u>New Patients:</u> 303-617-2300 <u>Med Mgmt:</u> 303-923-6300 <u>Crisis Services:</u> (844) 493-8255</p>	<p>Insurance Medicaid Medicare Self-Pay</p>

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<p>Colorado Crisis Services</p>	<ul style="list-style-type: none"> • Immediate help for mental health, substance use or emotional concerns • Walk In centers 	<p>Aurora Littleton Colorado Springs</p>	<p>Call: 844-493-8255 Text: "TALK" to 38255 Online Chat: Coloradocrisisservices.org (4p-12a)</p>	<p>Crisis Line: No Cost Walk In: Insurance (no one is turned away for inability to pay)</p>
<p>Community Response Teams</p>	<ul style="list-style-type: none"> • Immediate response to mental health/substance use emergencies by licensed mental health clinician/law enforcement officer 	<p>Servicing all of Douglas County</p>	<p>Dispatched by law enforcement</p>	<p>No Cost</p>
<p>Denver Springs</p>	<ul style="list-style-type: none"> • Tele-Therapy • 24/7 screening and acceptance for all inpatient/outpatient programs • Mental Health/Substance Use treatment • Adult and adolescent programs 	<p>Englewood Parker</p>	<p>720-744-3813</p>	<p>Insurance No Cost Assessment</p>
<p>Heart Centered Counseling</p>	<ul style="list-style-type: none"> • Therapy and Psychiatry services • Adult, couples, child and teen counseling 	<p>Various Locations</p>	<p>970-310-3406</p>	<p>Insurance Medicaid Medicare Self-Pay</p>

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<p>Highlands Behavioral Health</p>	<ul style="list-style-type: none"> • Psychiatric hospitalization • Partial Hospitalization Programs • Intensive Outpatient treatment • Adult and Adolescent treatment 	<p>Littleton</p>	<p>720-348-2800 24/7 no cost assessments</p>	<p>Medicaid Medicare Insurance</p>
<p>Juvenile Assessment Center</p>	<ul style="list-style-type: none"> • Provides screening, assessment and resource connection for youth and their families experiencing barriers to stability 	<p>Centennial</p>	<p>720-213-1320</p>	<p>No cost (Will bill Medicaid if applicable)</p>
<p>NAMI Arapahoe/Douglas</p>	<ul style="list-style-type: none"> • Education for caregivers • Support Groups • Mental Health Resources and Supports 	<p>Englewood</p>	<p>Namiadco.org 303-991-7688</p>	<p>No cost</p>
<p>Peak View Behavioral Health</p>	<ul style="list-style-type: none"> • Mental Health/Substance Use treatment • Inpatient and Outpatient treatment • Adult and Youth programs (7+) 	<p>Colorado Springs</p>	<p>888-235-9475</p>	<p>Insurance Medicaid Medicare Self-Pay</p>
<p>Signal</p>	<ul style="list-style-type: none"> • Mental Health/Substance Use resources • Crisis Services connection 	<p>Greenwood Village</p>	<p>888-607-4462</p>	<p>No Cost</p>

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For those with Kaiser Insurance:

- They can call any of Kaiser's behavioral health centers (Baseline, Hidden Lake, Highline, Ridgeline or Skyline Behavioral Health Center) for a mental health or chemical dependency appointment without a referral from their personal physician: 303-471-7700.
- Talk to an advice nurse 24/7 at 303-338-4545 (TTY for the hearing/speech impaired: 711).
- Take a class or join a group to explore emotional and mental health conditions: depression, anxiety disorders, insomnia, couple's communication, chemical dependency, anger, parenting, and more. Call one of our behavioral health centers to learn more.
- Contact Member Services at 303-338-3800 (TTY: 711), weekdays, 8 a.m. to 5 p.m. to find resources to help with adult home health care, hospice services, and more.
- Call the Senior Resource Line for support with community resources, transportation, financial aid, support groups, classes on aging, and more. Call 303-636-3030 (TTY: 711), weekdays, 9 a.m. to 1 p.m.