

Community Mental Health Resource Guide 2019-2020

D'EVELYN JUNIOR/SENIOR HIGH



D'EVELYN JUNIOR SENIOR HIGH Counseling Department

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Mental Health Service Providers: Getting Started

How to find what is needed

Identifying that we need some extra help is just the first step. It can leave us with a sense of, “now what?” This guide is designed to help with next steps. Whether you are looking for a therapist or need crisis services, resources are provided here. Resources listed here are but a few of the mental health resources in the Jefferson County area. They are provided not as a recommendation, but as a convenience. Additional resources can be found with an online search or by reaching out directly to your insurance carrier or your family doctor.

Counseling Centers

Denver Family Therapy Center

Wheat Ridge, Colorado

303.456.0600

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

Front Range Counseling Center

Littleton & Denver

303.933.5800

<https://www.frontrangecounselingcenter.com/>

Jefferson Center for Mental Health

Multiple locations

303.425.0300

<https://www.jcmh.org/>

Thriveworks Counseling

Littleton, Colorado

720.358.3864

<https://thriveworks.com/littleton-counseling/>

“Start where you are. Use what you have. Do what you can.”

~ Arthur Ashe

Remember that it is important to contact a potential therapist to ask about specialties, fees, insurance accepted, scheduling, as well as any other questions you may have before booking a first appointment.

Therapists

Gary Borgeson, PhD, Littleton, 303.989.1100, specializes in working with adolescents, trauma recovery, EMDR, sports psychology, depression, and anxiety. Out of network provider.

Cadence Chiasson, LMFT, Lakewood, 720.588.3361, specializes in working with adolescents, anxiety, depression, and suicidal ideation. Accepts insurance including Cigna, Tricare West, and Colorado Access.

Tamara Kiekhaefer, LCSW, Littleton & DTC, 720.488.6288, specializes in working with adolescents, couples, families, anxiety, depression, trauma. Accepts most insurance (with exception of United).

Dr. Michael Kirby, Lakewood, 303.237.4322, specializes in working with ADD, divorce adjustment, childhood anxiety and depression, school/home behavior problems, and youth sports psychology. Uses Cognitive Behavioral Therapy interventions and play therapy. Accepts Cigna, Humana, United, Blue Cross Blue Shield. Also accepts self-pay.

Laura McCarthy, PhD, LMFT, Lakewood, 720.961.4587, specializes in working with adolescents, families, transitions, anxiety, depression, divorce. Accepts insurance including Anthem BCBS, Cigna, United, Humana, and part of Second Wind Network.

Shaaron Solove, Psy.D, Denver & Lakewood, 303.839.0033, specializes in working with adolescents for school related issues, behavioral problems, anxiety, depression, panic, and differentiates with learning disabilities. Evaluates for ADD/ADHD and coordinates with psychiatrist, as needed. Accepts Cigna, United, and other insurance plans.

Amanda Trujillo, LMFT, Lakewood, 720.744.3528, specializes in working with couples and families; experienced in trauma-focused CBT, as well as play therapy. Out of network provider.

Additional Resources

Alternatives Pregnancy Center Offers free consultation, education, options counseling, pregnancy and STD testing. Visit www.youhavealternatives.org or call 24 Hour Helpline: 303.295.2288

GLBT Community Center of Colorado Supporting LGBTQ community, family members and allies. Visit www.glbtcolorado.org or call 303.733.PRIDE

Jefferson County Juvenile Assessment Center (JCJAC) Full mental health assessments conducted for youth in Jefferson County at no charge to families. This can provide valuable information regarding need, as well as cost effective local resources available. A family can schedule a “self-referral” assessment easily by calling 720.497.7770. Emergency walk in assessments are also available, but calling to schedule is recommended.

Second Wind Fund Works to decrease suicide in young people by providing counseling for those at risk. If your student is experiencing suicidal ideation and there are financial or social barriers to treatment, speak with a Counselor or SEL Specialist to discuss a referral to the Second Wind Fund.

Mental Health Crisis Resources

If you or someone you know is in crisis, is a danger to self or others, call a crisis line or go to the nearest emergency department for a full psychological evaluation. Several hospitals listed below.

Hospitals

Lutheran Hospital, 8300 W 38th Ave, Wheat Ridge, CO, 303.425.4500

Porter Hospital, 2525 S Downing St, Denver, CO, 303.778.1955

St. Anthony Hospital, 11600 W 2nd Pl, Lakewood, CO, 720.321.0000

Swedish Medical, 501 E. Hampden Ave, Englewood, CO, 303.788.5000

Swedish Southwest, 6196 S. Ammons Way, Littleton, CO, 303.932.6911

“Our greatest glory is not in never falling, but in rising every time we fall.”

~ Confucius

Adolescent Services

Children's Hospital ER, 13123 E 16th Ave, Aurora, 720.777.4715

Highlands Behavioral, 8565 S Poplar Way, Littleton, 720.348.2800

JCMH Walk In Crisis Center, 12055 W 2nd Pl, Lakewood, CO

Emergency Resources

Colorado Crisis Services

Call 24/7

1.844.493.TALK (8255)

www.ColoradoCrisisServices.org

Call and talk to a mental health professional or to a peer. They are always available!

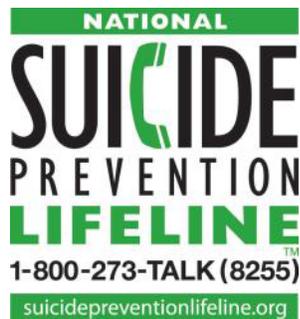


National Suicide Prevention Lifeline

Call 24/7

1.800.273.TALK (8255)

www.suicidepreventionlifeline.org



Safe 2 Tell Colorado

Call 24/7

1.877.542.7233

Safe2tellco.org

Safe 2 Tell Colorado provides a safe and anonymous way to report a concern



Who We Are

Don't be shy! If you need anything, let us know! Your D'Evelyn Counseling Department is here to work with you.

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Contact Us Anytime!