

Colorado Biz's 2015  
**Top Health Care Company**

Colorado's only full range  
of mental health services

# Wisdom and Understanding

for  
Mental Health Disorders  
Drug & Alcohol Addiction



 **WEST SPRINGS** hospital  
Psychiatric Care & Recovery  
[WestSpringsHospital.org](http://WestSpringsHospital.org)

 **MIND SPRINGS** health  
Prevention. Care. Recovery.  
[MindSpringsHealth.org](http://MindSpringsHealth.org)



## The Facts of the Matter

**1 in every 4 adults** experiences a mental health or addiction crisis in a given year

Western Slope **Suicide Rate** is **2x the national rate**

Mental illness, suicide and addiction do not discriminate, cutting across all age groups, gender, race and socio-economic status. Illness can begin at any age, however most begin earlier in life. Effects can be temporary or long lasting. Some people suffer from both mental illness and addiction.

Addressing mental health and mental illness as an everyday issue contributes to achieving larger goals like improving physical health, doing better in school, increasing employability and reducing crime.

There is no sure way to prevent mental illness, yet much indicates that biological and psychosocial factors can reduce risk. By enhancing factors known to protect (for example, having a sense of belonging, enjoying good health and meaningful relationships), and lessening factors that put people at risk (childhood trauma, social isolation), illnesses, symptoms and disabilities can be reduced.

### **Certain factors may increase risk of developing mental health problems, including:**

- Having a blood relative, such as a parent or sibling, with a mental illness
- Stressful life situations, such as financial problems, a loved one's death, or a divorce
- A traumatic brain injury
- Traumatic experiences, such as military combat or being assaulted
- Being abused or neglected as a child
- An ongoing, chronic medical condition such as diabetes
- Having few friends or few healthy relationships

Most people have mental health concerns from time to time. A concern becomes an illness when ongoing signs and symptoms cause frequent stress and affect ability to function.

### **Signs and symptoms vary and most likely include:**

- Extreme Sadness or always Feeling Down
- Excessive Fears, Worries or Feelings of Guilt
- Extreme Mood Swings
- Confused Thinking or Problems Concentrating
- Major Changes/Inability to Cope with Daily Life
- Withdrawal from Companions and Activities
- Alcohol or Drug Abuse
- Excessive Anger, Hostility or Violence
- Paranoia, Hallucinations/Detachment from Reality
- Feeling Trapped, Hopeless, No Sense of Purpose

### **Common illnesses:**

- Anxiety and Stress including Panic Disorders
- Bipolar Disorder
- Depression, Including Post-Partum Depression
- Extreme Anger/Dangerous Behavior
- Attention-Deficit/Hyperactivity (ADHD)
- Obsessive-Compulsive and Related Disorders
- Personality and Mood Disorders
- Schizophrenia and other Psychotic Disorders
- Drug and Alcohol Addictions
- Post-Traumatic Stress Disorder (PTSD)

### **TALKING ABOUT SUICIDE**

Suicide in the U.S. has surged to the highest levels in 30 years, increasing in every age group except older adults. Those most at risk tend to share certain characteristics:

- Depression, other mental disorders or addiction
- A prior suicide attempt
- Family history of suicide, mental disorder, addiction or violence, including physical or sexual abuse
- Having guns or other firearms in the home
- Exposure to others' suicidal behavior, such as that of family, peers or media figures

Women are more likely to attempt suicide, while men are more likely to die by it. Children and young people are also vulnerable as it is the second leading cause of death for ages 15 to 34. If you believe someone is at risk for suicide learn what resources are available for help and approach them thoughtfully about your concerns. Listen non-judgmentally, and let them know you are willing to help. If you are concerned about your own thoughts and feelings, reach out. No matter what problem you are dealing with there are many resources to help you find a reason to keep living.



## What Help is Available?

No matter what the problem is, or how severe it might be, there are resources and treatments available to help. You don't have to be in crisis to need or want to talk to a therapist, and connecting with one can often help avoid a future crisis. If you, or someone you care about, struggles with a mental health or addiction issue it's a step that can lead to great rewards.

Mental illnesses are some of the MOST EFFECTIVELY TREATABLE illnesses. What that means is, while nothing in life is 100% guaranteed, treatment does work and suffering can be eased. And while many illnesses are treated with just medications, it is the combination of medication and psychotherapy that has proven to be most effective. 88% of the people receiving treatment at Mind Springs Health report their symptoms are alleviated or reduced.

### EVIDENCE-BASED TREATMENT

#### For Children, Adolescents, Adults & Seniors

Evidence-based treatment integrates researched best practices with clinical expertise to best meet an individual's need. More than 25 evidence-based therapies treating the range of mental health problems are available on the western slope. Treatments like Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT) and many family-based therapies are proven to be effective for issues ranging from anxiety and depression to PTSD and eating disorders.

### TRAUMA-INFORMED CARE

It's an approach and overarching philosophy designed to be both preventive and rehabilitative based upon the understanding that many people have suffered traumatic experiences, and sensitivity to those experiences in environment and attitude is crucial in avoiding re-traumatization. Mind Springs Health has a trauma-informed care philosophy in all its efforts.

### POSITIVE PSYCHOLOGY & RESILIENCE-BUILDING

A new science of happiness, excellence and optimal human functioning, it enhances emotional skills such as creativity, resilience, joy, well-being, optimism, self-determination and positive development. Positive psychology programs are founded on the belief that people want to and can lead meaningful and fulfilling lives by cultivating the best within themselves to build and strengthen experiences of love, work and play.

#### Child & Family and Youth & Young Adult Programs

- Individual Therapy
- Parent-Child Interaction Therapy
- Parenting Education
- Psychiatric Services
- School-Based Therapy
- Intensive Services
- Group Therapy
- Family Therapy
- Trauma-Focused Therapy
- Play Therapy
- Behavioral Change Therapy

#### Adult & Senior Programs

- Individual Therapy
- Couples Therapy
- Group Therapy
- Psychiatric Services
- Older Adult Services
- Illness & Pain Management
- Mindfulness Therapy
- Behavioral Change Therapy
- Medication Management

#### Drug & Alcohol Addiction Programs

- Individual Therapy
- Group Therapy
- Medication-Assisted Therapy
- Court-Directed Programs
- Intensive Outpatient Program (IOP)
- Extensive Outpatient Program (EOP)





## Taking that First Step

### MAKE THE FIRST APPOINTMENT

You can find contact information for a therapy office convenient to you at [www.MindSpringsHealth.org](http://www.MindSpringsHealth.org) or the directory in the back of this brochure. Call and ask what days and times are set aside each week for first-time clients. You'll be able to be seen that day by a member of our treatment team to assess your particular situation. Plan on spending up to 2 hours at your first appointment.

### DO A LITTLE BIT OF PAPERWORK

You can download most of the new client forms at [www.MindSpringsHealth.org](http://www.MindSpringsHealth.org). It will save time if you fill it out in advance and bring it with you to your initial appointment.

### How does payment work?

Most private insurance is accepted. Federal law requires insurance companies to treat mental health and addiction coverage equal to (or better than) medical coverage. Check your plan benefit description and please bring your insurance card with you.

Medicare and Medicaid are also accepted, please have your card available.

For those without insurance who are planning to pay themselves, please bring recent proof of income (payroll stub, etc) to see if you qualify for a sliding scale rate.

### CONNECT WITH YOUR DIGITAL HEALTH

[www.MyStrength.com](http://www.MyStrength.com) is an online health club supporting mind, body and spirit to help you become the best you can be. Log on or download the app and use access code WELLNESS.



## If a Crisis Happens

### HELP IS AVAILABLE 24/7/365

Mental health or addiction crises rarely arise out of nowhere. Psychiatric illnesses usually evolve slowly and exhibit warning signs. Ninety percent of people who die by suicide give some indication they are considering it.

### 24/7/365 Local Hotline

**888.207.4004**

If a crisis does strike, a trained crisis counselor is available to talk with. It's free, confidential and safe.



**COLORADO  
CRISIS SERVICES**

### 24/7/365 Hotline and Warm Line

**844.493.TALK (8255)**

Talk to a crisis counselor or elect to speak to a trained peer specialist who has gone through crisis personally and now is using their lived experiences to help others.

### Text Line

**Text TALK to 38255**

### 24/7/365 Walk-in Assistance

515 28 3/4 Road • Grand Junction, CO

Suicide continues to claim a record number of Coloradans every year





## When is Hospitalization Needed?

Psychiatric hospitalization is needed when a person is a danger to self, others or property, or experiences impaired reality, or is unable to perform basic activities of daily living as a result of a mental disorder. While many patients admit themselves, Colorado state statute 27.65 says that if someone meets any of those criteria, upon probable cause they may be hospitalized involuntarily for up to 72 hours. That is called an 'M-1 Hold', and any physician, licensed mental health therapist, social worker or nurse, or any officer of the law is authorized to place individuals on an M-1 hold for involuntary hospitalization.

### WEST SPRINGS HOSPITAL

**Admissions accepted 24/7.**

**All ages accepted, with special programs for children and adolescents.**

West Springs understands just how difficult times can be and, as the only psychiatric hospital in western Colorado, provides a safe, secure, healing environment to support stabilization and healing. A personal treatment team of psychiatrists, nurse practitioners, therapists, clinicians, nurses, case managers, mental health clinicians & workers and peer specialists works with every patient to develop and maintain their individualized treatment program. Stabilization and healing happen, treatment is effective. West Springs' 30-day readmission rate is one-third the national average.

**Services include:**

**Daily Psychiatric Treatment**

**Individual, Group & Family Therapy**

**Medication Management & Education**

**Psychosocial Rehabilitation**

**Comprehensive Case Management  
& Discharge Planning**



## What About Recovery?

### THE VALUE OF PEER SERVICES

**Services include:**

**Individual Support & Mentoring**

**Peer-Run Support Groups**

**Respite**

**Education & Advocacy**

**Connectivity to & Navigation of Resources**

Mental health and addiction services provided by those with first-hand experience (peers) are now a vital part of the on-going recovery process and provide distinct advantages. Trained peers are uniquely positioned to develop relationships of trust, truly understand what people are going through and personify hope for the future. A number of studies suggest that peer support services help people become more engaged and empowered, reduce symptoms and hospitalizations and improve the well-being of both those who receive it and those who provide it.

### RESIDENTIAL REHABILITATION for Women

The **Women's Recovery Center** is the only female-only 90-day intensive drug and alcohol transitional living program on the western slope, and one of the few in Colorado where women may have their children stay with them during residential treatment. It is dedicated to helping women overcome barriers to recovery and healing and find the tools needed to achieve positive change. Chemical and/or alcohol dependency are identified as medical diseases and are addressed with a comprehensive approach. Physical and mental health, emotional well-being, spiritual growth and social skills are all part of the program's focus.





## Additional Resources

### VOCATIONAL REHABILITATION

Many people living with chronic mental illness want to work. Approximately 2 out of 3 are interested in employment, yet less than 15% are employed. People who do work find improved/increased self-esteem, income and quality of life in addition to reduced symptoms. The **Individual Placement and Support (IPS)** program is a forward-thinking employment service assisting those impacted by mental illness secure and sustain employment. If you are interested in employment through the IPS Program, or are interested in employing a qualified IPS candidate, please contact our employment specialists at the Oasis Clubhouse.

### SOCIALIZATION & SUPPORT

Situated in a classic Victorian house, Grand Junction's **Oasis Clubhouse** is a place for recovery, empowerment, fun and friendship. Membership is free and open to adults with mental health issues. Clubhouse activities include skill groups, support groups, work groups and recreational activities and outings. Open Monday-Friday from 8am-4pm.

### MENTAL HEALTH FIRST AID CERTIFICATION

Everyone has the capacity to help those in a mental health or addiction crisis. This 8-hour course teaches skills to recognize the differing signs of crisis, what assistance is available, and how to connect people with the appropriate resources. Two courses for adults are offered—Mental Health First Aid and Youth Mental Health First Aid for those who work with children and adolescents.

**To find a course near you go to:**



**MindSpringsHealth.org/  
mental-health-first-aid**



## Directory of Services

### COUNSELING & THERAPY

#### Aspen

970.920.5555  
405 Castle Creek Rd #207

#### Craig

970.824.6541  
439 Breeze St #200

#### Eagle

970.328.6969  
137 Howard St

#### Frisco

970.668.3478  
360 Peak One Dr #110

#### Glenwood Springs

970.945.2583  
6919 Highway 82

#### Granby

970.887.2179  
480 E Agate Ave

#### Grand Junction

970.241.6023  
515 28 3/4 Rd

#### Meeker

970.878.5112  
267 6th St

#### Rangely

970.675.8411  
17497 W Highway 64

#### Rifle

970.625.3582  
796 Megan Ave #300

#### Steamboat Springs

970.879.2141  
407 S Lincoln Ave

#### Vail

970.476.0930  
395 E Lionshead Cir

#### Walden

970.723.0055  
350 McKinley St

### CRISIS SERVICES

#### Hotline

888.207.4004

#### Warmline

844.493.TALK (8255)

#### Text line

Text TALK to 38255

#### Walk-in

515 28 3/4 Rd  
Grand Junction, CO

### OASIS CLUBHOUSE

970.241.6099  
450 Ouray Ave  
Grand Junction, CO

### PEER SERVICES

Contact your nearest  
Mind Springs Health office

### PSYCHIATRIC HOSPITAL

#### West Springs Hospital

Main Line  
970.263.4918

#### Admissions

970.201.4299

515 28 3/4 Rd  
Grand Junction, CO

### RESIDENTIAL REHAB

#### Women's Recovery Center

970.245.4213  
2800 Riverside, Parkway #2  
Grand Junction, CO

### VOCATIONAL REHABILITATION

970.683.7180