

HEBREW EDUCATIONAL ALLIANCE MENTAL HEALTH RESOURCE GUIDE

When you or someone in your family is unwell, the world can seem off-kilter. Any diagnosis can be difficult but when the concerns are emotional in nature, you may find that you have more questions than answers and are not sure where to turn.

When faced with mental illness, social-emotional challenges, or other mental health needs either in yourself or a loved one, the whole family can be affected. Many people describe feeling fear, anger, grief, sadness, guilt and shame. Sometimes people isolate themselves from their friends and their community, not sure how to talk about the profound changes and challenges they are dealing with. It can be a scary and lonely time.

Throughout the course of learning to manage these challenges, you may need the support of your providers, friends, family, and community. As you start to find your way through this difficult time, The Hebrew Educational Alliance wants to be here to help and offer what we can: a community of caring friends, a shoulder to lean on, a warm hug, and a hand ready to reach out to you. Whether it is spiritual support from our clergy, understanding and tips from other members who have “been there”, or a place of peace surrounded by your community, The HEA community is here for you.

If you would like to be contacted by either Rabbi Dollin or Rabbi Gruenwald please call the HEA office at 303-758-9400.

While no one guide can answer all your questions, we have put together a summary of information you may find helpful to discover resources and supports for you and your family.

DISCLAIMER

The information in this Resource Guide is offered to members of the Hebrew Educational Alliance community as a reference tool and is intended solely for informational purposes only. The information is of a general nature and is not intended to address the specific circumstances of any particular individual(s) or as a substitute for the advice, diagnosis, or treatment by qualified mental health professionals or other health care providers. Should you have any health, medical or disability questions or concerns, please consult a physician or other health care professional. While this Resource Guide has been compiled with care from sources reasonably believed to be trustworthy, The Hebrew Educational Alliance does not warrant or make any representations as to the accuracy, completeness or validity of the information contained herein: this Resource Guide is provided without warranties of any kind. Further, the inclusion of any facility, provider, organization or agency in this Resource Guide does not constitute an endorsement or recommendation by The Hebrew Educational Alliance. The links to third party websites included in this Resource Guide are provided as a convenience only. The Hebrew Educational Alliance is not responsible for the content or privacy and data collection policies of any linked sites, and it makes no representations and assumes no responsibility regarding the accuracy of materials on such linked sites.

PLEASE NOTE: FOR ANYONE BEHAVING IN A WAY THAT POSES A THREAT TO SELF OR OTHERS:
CALL 911, IMMEDIATELY

What is The Hebrew Educational Alliance's Mental Health Initiative?

The Mental Health Initiative at the HEA, in recognition of mental health issues in our community, seeks to advance the Judaic tenet of the unity of body, mind and spirit through *refuat ha-nefesh* (health of mind and spirit) along with *refuat haguf* (health of the body).

The Mental Health Initiative serves our congregational community by increasing awareness, reducing stigma and overcoming barriers to mental health care.

The goals of the initiative are:

- to improve access to mental health services through the development of a resource directory.
- to provide informational and educational opportunities for HEA members and staff to reduce the stigma and isolation associated with mental illness.

The Information in this Resource Guide is up-to-date and should allow easy access to mental health services in the Denver metro community. It is not meant to be exhaustive but rather an important sampling of reliable services. The Hebrew Educational Alliance is not responsible for the advice or actions of any of the listed resources.

Many thanks to Temple Emanuel, Denver, CO. The resources in this HEA Mental Health Resource Guide come directly from the hard work of Temple Emanuel's Mental Health Task Force. We are grateful for their generosity and willingness to share information to help all members of the Metro Denver Jewish Community find access to appropriate mental health care. Thanks also to Temple Aliyah, Needham, MA. The folks at Temple Aliyah have graciously shared many forms of information on their Mental Health Initiative, including their Resource Directory which was used as a guide in the creation of this document.

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In the event of a mental health emergency, such as a suicidal threat or severe depression or anxiety, crisis intervention is available 24 hours a day, seven days a week. Hospital emergency rooms evaluate and stabilize patients regardless of ability to pay. Regardless of ability to pay, Colorado Crisis Services provides specialized psychiatric emergency care and psychiatric services. Call or go to walk-in emergency centers to connect with seamless psychiatric services instead of using medical emergency rooms.

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When a serious crisis occurs sometimes in-hospital care is needed for evaluation, stabilization or treatment. Inpatient treatment can occur in the hospital or a residential treatment facility.

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Independent providers can manage most mental health needs in their offices. Services are scheduled by appointment for individual, group, family or couple counseling.

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Every county in the Denver Metro area has a mental health treatment program for its residents. These outpatient centers offer individual and group therapy, psychiatry, support and educational programs for a broad range of needs.

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Peer-led resources are provided by trained lay volunteers who have lived experience with mental illness either as an individual or as a loved one.

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Education, valuable support and help getting the right services are important. Professional-led resources are provided by mental health professionals.

Page 19: Legal and Long-term Planning Resources

Persons with mental illness and their loved ones may find themselves in need of legal resources. There are also specialized long-term planning resources.

Did you know?

Mental Illnesses are medical conditions.

Research has shown that mental illness has a biological basis. Mental illnesses are brain disorders associated with changes in the brain's structure, chemistry, and function, which in turn affect how a person thinks, feels, and acts.

One in every four adults is affected by mental illness.

The National Institute of Mental Health reports that one in four adults in the U.S. experience some kind of mental health disorder in a given year. However, the main burden of illness is concentrated in a much smaller proportion. In 2014, there were an estimated 9.8 million adults aged 18 or older living with a serious mental illness such as schizophrenia, major depression, or bipolar disorder.

Stigma prevents many people from seeking treatment.

Approximately 60 percent of adults and almost one-half of youth ages 8-15 with a mental illness received no mental health services in the previous year. In some locations, services simply are not available or are not affordable to the people who need them. In many cases, people avoid treatment because of the fear of stigma.

Treatment works and recovery is possible.

There is no “cure” for mental illness, but with effective treatment (which may include medication, therapy, other services and support) most people experience relief from their symptoms and live productive, fulfilling lives.

Most people with mental illness are not violent.

The most common form of violence by those who have mental illness is violence against themselves. People with serious mental illnesses are far more likely to be victims of violent crimes than perpetrators of it.

Written by the Interfaith Network on Mental Illness, INMI, www.inmi.us

**1 in 4 people experience mental illness.
If you or someone you love needs support,**

you are not alone.

Emergency/Crisis Call-In, Chat or Text	Contact Information	Population Served	Payment	Description of Services
Colorado Crisis Services	1-844-493-TALK (8255) Text "TALK" to 38255	All	No cost	Specialized, seamless psychiatric services. If you have a mental health, emotional or substance abuse crisis call and talk to a trained professional or a peer specialist, or go to one of the Walk-In Crisis Centers open 24/7. Crisis intervention includes evaluation and management, stabilization beds in facility, referral to inpatient treatment, mobile crisis team. Provides in-the-moment services in non-emergency emotional distress.

Suicide Hot Line	1-844-493-TALK (8255)	All	No cost	Services for anyone with suicidal thoughts or attempts and support persons. Calls automatically sent to Colorado Crisis Services Emergency lines.
Crisis Intervention Team (CIT)	911	All	No cost	When contacting 911 or the police for a mental health emergency, ask for a CIT officer with additional training in mental health crisis management.
National Suicide Prevention Lifeline	1-800-273-TALK (8255) or online chat www.suicidepreventionlifeline.org/chat/	All	No cost	Support for all, including veterans crisis line
Crisis Text Line	www.crisistextline.org or text HOME to 741741	All	No cost	Support for all
Rocky Mountain Crisis Partners	www.metrocrisiservices.org Use "Learn More" tab and select services to narrow your search 1-844-493-TALK (8255) text TALK to 38255	All	No Cost	Online mental health directory for statewide services

Emergency/Crisis Walk-In	Contact Information	Population	Payment	Description of Services
The Medical Center of Aurora Behavioral Health & Wellness Center	303-695-2628 700 Potomac St, Aurora www.auroramed.com	All	Emergency evaluation and stabilization regardless of insurance/ability to pay	Evaluation and stabilization, treatment or referral. Specialized psychiatric staff and facility.
Children's Hospital Colorado Behavioral Health Services Psychiatric ER	720-777-6200 Anschutz Medical Campus 13123 16th Ave, Aurora www.childrenscolorado.org	Age 0 to 18	Emergency evaluation and stabilization regardless of insurance/ability to pay	Evaluation and stabilization, treatment or referral. Specialized psychiatric staff and facility
Colorado Crisis Services Walk-In Crisis Centers	1-844-493-TALK (8255) www.coloradocrisiservices.org Locations in Denver, Boulder, Aurora, Littleton, Westminster, Wheat Ridge	All	No cost. Evaluation, management, access to all Colorado Crisis Services.	See above: Colorado Crisis Services
Denver Health and Hospitals Psychiatric Emergency Services	303-602-7221 777 Bannock St, Denver www.denverhealth.org	All	Emergency evaluation and stabilization regardless of insurance/ability to pay	Evaluation and stabilization, treatment or referral. Specialized psychiatric staff and facility.
Porter Hospital (Centura) Emergency Department	303-778-1955 2525 S. Downing St, Denver www.porterhospital.org	All	Emergency evaluation and stabilization regardless of insurance/ability to pay	Evaluation and stabilization, treatment or referral. Specialized psychiatric staff and facility

Inpatient Mental Health Services	Contact Information	Population	Payment	Description of Services
Children's Hospital Colorado	720-777-6200 Anschutz Medical Campus 13123 East 16th Ave, Aurora www.childrenscolorado.org	Ages 0-18	Most insurances, Medicare, Medicaid	Inpatient psychiatric facility
Devereaux Colorado	303-466-7391 8405 Church Ranch Blvd, Westminster www.devereux.org	Children/Adolescents	Most insurances, Medicaid	Inpatient & stabilization psychiatric facility
Denver Health and Hospitals	303-602-7221 777 Bannock St, Denver www.denverhealth.org	Children/Adolescents	Most insurances, Medicare, Medicaid	Inpatient unit for youth age 8-17, separate adult unit
Highlands Behavioral Health	720-348-2800 8565 S. Poplar Way, Littleton www.highlandsbhs.com	Ages 11-adult	Most insurances, Medicare, Medicaid	Inpatient and intensive outpatient programs for adults and adolescents
The Medical Center of Aurora Behavioral Health & Wellness Center	303-360-3700 700 Potomac St, Aurora www.auroramed.com	Adults	Most insurances, Medicare, Medicaid	Adult and geropsychiatric units

Porter Hospital	303-778-1955 2525 S. Downing St, Denver www.porterhospital.org	Adults	Most insurances, Medicare, Medicaid	Adult and geropsychiatric units
Residential Mental Health Services	Contact Information	Population	Payment	Description of Services
Denver Children's Home	303-399-4890 1501 Albion St, Denver www.denverchildrenshome.org	Children/Adolescents ages 9-18	Most insurances, Medicaid	Residential and day treatment, on-site school, in-home therapy, outpatient therapy
Deveraux Colorado	303-466-7391 8405 Church Ranch Blvd, Westminster www.deveraux.org	Children/Adolescents	Most insurances, Medicare, Medicaid	Residential and independent living programs, transition and home-based services
Karis Community	303-355-5546 1361 Detroit St, Denver www.kariscommunity.org	Adults ages 21 and up	Cost \$634+/month	Therapeutic community providing a transitional living experience. Restoring basic life skills and improving social well-being of individuals recovering from serious mental illness.

Outpatient Mental Health Centers	Contact Information	Population	Payment	Description of Services
CHARG Resource Center	303-830-8805 709 E. 12th Ave, Denver www.charg.org	Adults with serious mental illness	Medicaid, Medicare, self-pay	Counseling, case management, skills training ,medication management. Drop-in Center
Children’s Hospital Colorado Behavioral Health Services	720-777-6200 Anschutz Medical Campus 13123 E. 16th Ave, Aurora www.childrenscolorado.org	Children/youth age 0-18	Most insurance plans, Medicaid, sliding scale	Full range of psychiatric services including outpatient day treatment, eating disorders program, neuropsychiatric special care program, creative arts therapy, school refusal program
Colorado Crisis Services Walk-In Crisis Centers	1-844-493-TALK (8225) www.coloradocrisisservices.org	All	No cost	In-the-moment evaluation, management and referral for non-crisis emotional distress such as family conflict, parenting or work issues

Jewish Family Service of Colorado Mental Health Services	303-597-5000 3201 South Tamarac Drive, Denver www.jewishfamilyservice.org	All	Most insurance plans, Medicaid, sliding scale based on income	Counseling for individuals, couples & families. Geriatric services. Services for refugees with interpretation. Counseling in Russian is available.
Maria Droste Counseling Center	303-756-9052 1355 S. Colorado Blvd, Suite #C100, Denver www.mariadroste.org	All	Most insurance plans, Medicaid, sliding scale	Quality counseling regardless of ability to pay Licensed therapists treat a variety of concerns.
University of Colorado Depression Center	303-724-4975 13199 E. Montview Blvd, Suite 330, MS F550, Aurora www.coloradodepressioncenter.org	All	CU Anthem & limited Medicare	Diagnosis and treatment for depression, bipolar & mood disorders
University of Denver Center for Child and Family Psychology	Frontier Hall, 2155 South Race St, Denver 303-871-3306 www.du.edu	Children & Adolescents, Adults	Flexible sliding fee schedule	Comprehensive assessment & many specialty clinics
Women's Way to Recovery	303-523-0621 8751 E. Hampden Ave, Suite B2, Denver www.a-womans-way-to-recovery.com	Adult women	Medicaid, Tricare, limited Medicare, sliding scale	Trauma-based addiction, counseling for individuals and family, DUI programming

Wellness Treatment Center	303-777-0303 800 Englewood Pkwy, Suite B202,Englewood www.wellnesstreatmentcenter.com	Adults	Most insurance plans, with exception of Medicare and Denver Medicaid. Private pay	Intensive outpatient program (IOP) serving as transition from inpatient to outpatient treatment, or as an adjunct to individual therapy
Westside Behavioral Care	303-986-4197 www.westsidebehavioralcare.com	All	Most insurance plans, Medicare/Medicaid, self-pay, sliding scale	Network of licensed therapists in the Denver metro area treating a wide variety of concerns
A Wiser Mind	877-926-0262 6000 E. Evans Ave, Buiding 3 - Suite 100, Denver www.awisermind.com	Cognitive impairment	Most insurance plans	Counseling for depression, anxiety, grief, Alzheimers & issues related to cognitive impairment

Community Mental Health Centers	Contact Information	Population Served	Payment	Description of Services
Aurora Mental Health Center	303-617-2300 www.aumhc.org	Aurora residents	Most insurance plans, Medicare, Health First Medicaid, Child First Plan Plus, sliding scale payments for Aurora residents	Outpatient centers offering individual, family and group therapy, psychiatry, support and educational programs for a broad range of needs, including serious mental illness and substance abuse
All Health Network	Main: 303-730-8858 Emergency line: 303-730-3033 www.allhealthnetwork.org	South Metro Area, Adults, Children & Adolescents	Private insurance, Part B Medicare, Medicaid, Sliding fee discount	Work with children, families, adults & seniors. Offer parenting classes, group therapy, and acute treatment. Assist with schools, criminal justice rehabilitation & substance abuse
Community Reach Center	303-853-3500 www.communityreachcenter.org Multiple centers throughout Adams county	Adams county residents	Most insurance plans, Medicare, Medicaid	Outpatient centers offering individual and family therapy.

Jefferson Center for Mental Health	303-325-0300 www.jeffersonmentalhealth.org Multiple centers throughout Jeffco	Jefferson county residents	Most insurance plans, Medicare, Medicaid, sliding scale payments for Jeffco residents	Outpatient centers offering individual and family therapy. Assist with schools, criminal justice rehabilitation & substance abuse
Mental Health Center of Denver, Inc	303-504-6500 www.mhcd.org Multiple centers throughout Denver	Denver residents	Many insurance plans, Denver Medicare and Denver Medicaid	Child & Family, Adolescent & Young Adult Services, Substance Abuse Recovery , Work & Education Training

Peer-led Education, Support & Advocacy Resources	Contact Information	Population Served	Payment	Description of Services
Advocates for Recovery	www.advocatesforrecovery.org 720-550-6757	Individuals with any addiction and their loved ones	No cost	Peer-to-peer mentoring for those in recovery, Support groups
American Foundation for Suicide Prevention - National and Colorado Chapter	www.afsp.org colorado@afsp.org	All	No cost	Support and education for persons with suicidal thoughts or attempt, their loved ones and survivors of suicide loss. Websites with many education and other resources.
CHADD (Children & Adults with Attention Deficit/Hyperactivity Disorder) National	www.chadd.org 800-233-4050	All	No cost. Membership required for full services.	Website with excellent resources including webinars. <i>Attention</i> magazine with helpful articles about common concerns and day-to-day life.
CHADD Denver Metro Chapter	303-753-1783 www.chadd.net/334	All	No cost	Local affiliate. Monthly education and support meetings. Help finding resources.

Colorado Mental Wellness Network	www.coloradomentalwellnessnetwork.org 720-215-1020	Adults, family members, and loved ones, providers	Charge for some programs	Run by and for individuals who have mental health conditions. Advocacy trainings and education programs for wellness & empowerment, training for peer specialists.
Ability Connection Colorado	1-866-213-4631 www.abilityconnectioncolorado.org	Families of children/adolescents with social/emotional, mental, or behavioral challenges	No cost	On-line list serve, education, support groups, work mentoring programs
Heartbeats	www.heartbeatsurvivorsaftersuicide.org Groups held in various locations throughout metro Denver	Loved ones who have experienced loss through suicide	No cost	Peer support groups
Interfaith Network on Mental Illness	Boulder CO www.inmi.us	Faith communities in Colorado including congregants, clergy and lay leaders	No cost	Resources and support for community members, clergy and staff of faith communities, support groups, events

NAMI Colorado	303-312-3104 2280 S. Albion St, Denver www.namicolorado.org	All	No cost	Help line, education, peer run support groups. Legal resources. Evidence-based education for families of adults and families of children with mental illness.
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Professionally-led Education, Support & Advocacy Resource	Contact Information	Population Served	Payment	Description of Services
Mental Health Colorado	720-208-2220 1120 Lincoln St, Suite 1606, Denver www.mentalhealthcolorado.org	All	No cost	Statewide public policy advocates to advance legislation that supports those with mental illness
Anxiety & Depression Association of America	www.adaa.org	All	No cost	Information and support for individuals with anxiety, depression and related disorders.
Bipolar hope	www.bphope.com	All	No cost, charge for magazine	Information and resources for living with bipolar disorder, magazine articles about common concerns.

Esperanza	www.hopetocope.com	All	No cost, charge for magazine	Information and resources for persons with anxiety and depression. Magazine articles about common concerns.
International Obsessive Compulsive Disorder Foundation	www.ocfoundation.org	All	No cost	Education and support for individuals with OCD, families, providers and researchers, help finding providers and support groups.
The National Child Traumatic Stress Network	www.nctsn.org	All	No cost	Online resources, information on in-person and online trainings & webinars
Alcoholics Anonymous	www.aa.org	All	No cost	Online resources, information on local meetings, daily reflections
Alzheimer's Association of Colorado	www.alz.org	All	No cost	Online resources, classes and training for caregivers & support groups
Parkinson Association of the Rockies	parkinsonrockies.org	All	No cost	Online resources, education, support groups, exercise classes

Tourette Association of America	www.tourette.org	All	No cost	Education, support and outreach programs for newly diagnosed individuals, families.
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Legal and Longterm Planning Resources	Contact Information	Population Served	Payment	Description of Services
Colorado Fund for Persons with Disabilities	1355 S. Colorado Blvd., Suite 120, Denver 303-733-2867 www.cfpdtrust.org	All	No cost consultation	Provides fiduciary and case management services, including trusts and special needs trusts
NAMI Law Line	303-312-3104 www.namicolorado.org	Individuals with mental illness and their families	No cost	Referral to volunteer licensed attorney for one-time consultation on issues related to mental health law such as public benefits, involuntary civil commitment
Special Needs Alliance	www.specialneedsalliance.org	Families of individuals with mental illness	No cost	National organization of disability attorneys addressing the planning needs of persons with disabilities and their families. Educational newsletter.