

Behavioral Health Resource Directory



Brought to you by

TRI-COUNTY HEALTH NETWORK





Introduction

Welcome to Tri-County Health Network’s (TCHNetwork) Mental Health Resource Guide. Half of individuals will experience a mental disorder in their life, and one in five adults has a mental disorder in any given year. Mental disorders are common and treatable, and this guide was created to better connect individuals with the resources currently available to them in their communities.

Often the greatest challenge in coping with a mental disorder is finding the right support and treatment for your individual needs. Accepting help can also be very difficult, but finding a mental health professional, mental health support group, or other mental health service is one of the most important steps in reaching recovery. We hope this resource guide will empower you to find the best resource for your individual needs.



If you are searching for a resource available in Spanish, look for this symbol throughout the Mental Health Resource Guide.

Our directory was created with you in mind, organized by local, state-wide, and national self-help resources. If while searching our directory you see a service missing, please don’t hesitate to contact us. In addition, if you see an error, please contact TCHNetwork at info@tchnetwork.org.

The listing of an agency, service, or individual does not constitute endorsement by TCHNetwork, nor does an omission infer disapproval.

If this is a crisis, call 911 or the Colorado Crisis Services at 1-844-493-TALK (8255) or text TALK to 38255.

When you call Colorado Crisis Services, you will be connected to a crisis counselor or trained professional with a master’s or doctoral degree. We offer translation services for non-English speakers, we engage in immediate problem solving, and we always make follow-up calls to ensure you receive continued care.



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Mental Health Professionals

A mental health professional is a health care practitioner or community services provider who offers services for the purpose of improving an individual's mental health or to treat mental illness. Find the specialty of the professional located next to that person's name and their phone, physical address, and insurance information located underneath this tab.

Out of Network Insurance. If the doctor, hospital or health care facility you visit is part of your insurance company's network, you'll get your health care at lower prices. But if you go out of your network for health care, it can become a lot more expensive. If you have an HMO or EPO plan, you'll usually pay all costs for care you get outside of your plan's network. It's important to carefully consider which doctors and hospitals are in a plan's network before you choose that service.



Delta County

Name	Maria Call, LPC
Description	Cognitive behavioral therapy; narrative therapy; hypnotherapy.
Specialties	Individual, marriage, and family therapy; anxiety; anger management; depression; ADHD; panic attacks; violence prevention.
Contact	970-874-0104
Location and Hours	Delta, CO
Payments Accepted	Accepted Insurance plans include: All insurance except Medicare Avg. Cost (per session): \$100/session Sliding Scale: No Accepted Payment Methods: Cash, credit



Name	Gregory A. Yovan Drug & Alcohol Counselor, LAC, MA, PSYD
Description	Dialectical behavioral therapy; existential psychotherapy; Jungian/analytical therapy.
Specialties	Drug abuse; trauma; PTSD; addiction.
Contact	970-699-5698
Location and Hours	Hotchkiss, CO 5 days a week, 10 am-5 pm Mobile-goes to clients Prefers evaluations in person and then from there will do over the phone sessions
Payments Accepted	Accepted Insurance plans include: N/A Avg Cost (per session): \$30 - \$100 Sliding Scale: Yes Accepted Payment Methods: Cash, Check

Name	Dr. Brenda Holland, PhD Psychologist
Description	N/A.
Specialties	Child and adolescent treatment; family therapy; ADHD; depression; trauma recovery.
Contact	970-874-0875
Location and Hours	115 Grand Ave Ste 1, Delta, CO Monday - Friday: 8:00 AM - 5:00 PM
Payments Accepted	Accepted Insurance plans include: Accepts insurance that is not part of her insurance network. Avg. Cost (per session): Accepts payment amount approved by Medicare approves and does not bill patients for more than the Medicare deductible and coinsurance. Sliding Scale: N/A Accepted Payment Methods: N/A

Name	Lindsay E Cusack, Clinical Social Work/Therapist, MSW, LCSW, PhD, ABD
Description	Psychotherapy.



Name	Lindsay E Cusack, Clinical Social Work/Therapist, MSW, LCSW, PhD, ABD
Specialties	Depression; anxiety; grief; women’s issues; life transitions; LGBTQ issues; stress management; relationship difficulties; trauma; low self-esteem; emotional effects of physical illnesses; parenting concerns; family concerns; behavioral difficulties in adolescents.
Contact	312-912-4845
Location and Hours	Paonia, CO
Payments Accepted	Accepted Insurance plans include: Aetna and Blue Cross/BlueShield Avg. Cost (per session): \$60-120 Sliding Scale: Yes Accepted Payment Methods: N/A

Name	Tom Friel, Counselor, MA, LPC
Description	EMDR; existential psychotherapy; humanistic method; solution focused brief therapy; life coaching.
Specialties	Trauma; PTSD; emotional disturbance; anxiety; anger management; family conflict; mood disorders; personality disorders; depression; domestic abuse; grief; career counseling.
Contact	970-704-5538
Location and Hours	Integrative Counseling Solutions 326 Main Street, Suite 209, Delta, CO
Payments Accepted	Accepted Insurance plans include: Does not accept insurance Avg. Cost (per session): \$60 Sliding Scale: N/A Accepted Payment Methods: Cash, Check

Name	Edith Johnston, Phd, LPC, CRCC
Description	Life coaching; cognitive behavioral therapy; eclectic therapy; humanistic method; integrative therapy; interpersonal therapy; mindfulness-based cognitive therapy; motivational interviewing; solution focused brief therapy; somatic psychotherapy.
Specialties	ADHD; adjustment disorders; anxiety; bipolar disorder; chronic pain; coping skills; depression; learning disabilities; school issues; trauma; PTSD; traumatic brain injury; women’s issues; mood disorders; thinking disorders.
Contact	970-716-1675
Location and Hours	‘How To’ in Life Consultants, LLC Delta, CO
Payments Accepted	Accepted Insurance plans include: Aetna; Anthem; Behavioral Health Systems; Blue Care Network; BlueCross and BlueShield; Cigna; Cofinity; Corphealth; Humana; LifeSynch; MINES; Magellan Behavioral Health; Military OneSource; Multiplan; PacifiCare; TRICARE; TriWest; UnitedHealthcare; ValueOptions; Out of Network; Medicaid but only single case agreement (pain management, disability adjustment). Avg. Cost (per session): \$80 - \$140 Sliding Scale: No but willing to work with clients Accepted Payment Methods: Cash, credit card

Name	Valerie L Etter
Description	Attachment-based therapy; cognitive behavioral therapy; eclectic therapy; emotionally focused therapy; family/marital therapy; family systems therapy; integrative therapy; interpersonal therapy; intervention therapy; mindfulness-based cognitive therapy; motivational interviewing; narrative therapy; psychoanalytic therapy; psychodynamic therapy; relational therapy; solution focused brief therapy; trauma focused therapy.
Specialties	Trauma; PTSD; relationship issues; grief; Abandonment issues; attachment issues; addiction; alcohol abuse; anger management; anxiety; behavioral issues; bipolar disorder; borderline personality; chronic impulsivity; codependency; coping skills; depression; divorce; drug abuse; dual diagnosis; emotional disturbance; family conflict; infidelity; parenting; self-esteem; self-harming; sexual abuse; spirituality; substance abuse; suicidal ideation; women’s issues.
Contact	970-373-1461



Name	Valerie L Etter
Location and Hours	Clifton, CO
Payments Accepted	Accepted Insurance plans include: Accepted Insurance plans include: Beacon; Cigna; MINES; Medicaid; Medicare; Multiplan; Mutual of Omaha EAP; Optum; Rocky Mountain Health Plans (RMHP) - HMO, PPO; UnitedHealthcare; ValueOptions; Out of Network Avg. Cost (per session): \$40-80 Sliding Scale: Yes Accepted Payment Methods: Cash, Check

Ouray County

Name	Rita Robinson, MA in Counseling/Psychology
Description	Hakomi therapy; cognitive behavioral therapy.
Specialties	Grief; loss; depression; anxiety; relationship issues; low self- esteem; coaching.
Contact	970-729-0885 rita.marie.robinson@gmail.com
Location and Hours	Telluride and Ridgway CO
Payments Accepted	Accepted Insurance plans include: No insurance Avg. Cost (per session): \$60-90 Sliding Scale: N/A Accepted Payment Methods: EAP

Name	Audra Duke, MA, LPC, RYT
Description	Sensorimotor psychotherapy; eye movement desensitization and reprocessing therapy; dialectical behavioral therapy; attachment-based therapy; somatic psychotherapy; mindfulness-based cognitive therapy.
Specialties	Trauma; anxiety; depression; bipolar; substance abuse; eating disorders; grief; self-harm; chronic pain; borderline interpersonal violence; sexuality; ADHD; behavioral issues; anger.
Contact	720-613-2628
Location and Hours	Ridgway, CO
Payments Accepted	Accepted Insurance plans include: No insurance; will write superbill for insurance Avg. Cost (per session): \$80-100 Sliding Scale: Yes Accepted Payment Methods: Cash, check

Name	Kate Kissingford, MAMFT, MFTC
Description	Attachment-based therapy; eclectic therapy; emotionally focused therapy; family/marital therapy; family systems therapy; gestalt therapy; gottman method; humanistic method; interpersonal therapy; mindfulness-based cognitive therapy; play therapy; relational therapy; somatic psychotherapy.
Specialties	Family conflict; relationship issues; depression; anxiety; couples; divorce; eating disorders; grief; self-esteem; transgender.
Contact	720-722-3849 Kjkissingford@gmail.com
Location and Hours	Rocky Mountain Integrative Medicine 160 S. Amelia, Ridgway, CO
Payments Accepted	Accepted Insurance plans include: N/A Avg. Cost (per session): \$80-100 Sliding Scale: Yes Accepted Payment Methods: American Express, Cash, Check, Discover, Mastercard, Paypal, Visa

Name	Lynton Moore, Counselor, MA, LPC, CACII
Description	Eye movement desensitization and reprocessing; SUP Therapy; Yoga.



Name	Lynton Moore, Counselor, MA, LPC, CACII
Specialties	Addiction; PTSD; ADHD; trauma; sexual abuse; relationships; self-empowerment.
Contact	970-729-0862
Location and Hours	Source Counseling in the Centennial Building 609 Clinton Street #101, Ridgway, CO *She works out of her primary Office Space in Ridgway on Monday, Wednesday, and Friday. She commutes to Telluride on Tuesday and Thursday. Online counseling is also available.
Payments Accepted	Accepted Insurance plans include: Does not work directly with insurance companies, but can supply a Superbill for reimbursement Avg. Cost (per session): \$85-150; adolescents \$1/minute Sliding Scale: Yes Accepted Payment Methods: American Express, Cash, Check, Discover, Mastercard, Paypal, Visa

San Miguel County

Name	Dr. Kayse Budd, Psychiatrist
Description	Art therapy; cognitive behavioral therapy; eclectic therapy; existential therapy; expressive arts therapy; gestalt therapy; integrative therapy; Jungian therapy; mindfulness-based cognitive therapy; psychodynamic therapy; transpersonal therapy.
Specialties	Spirituality; life coaching; anxiety; bipolar disorder; career counseling; depression; eating disorders; holistic medicine and psychiatry; obsessive-compulsive disorder; parenting; self-esteem; sleep/insomnia; women's issues.
Contact	808-635-9485 mysticmandala@gmail.com
Location and Hours	Telluride, CO
Payments Accepted	Accepted Insurance plans include: No insurance Avg. Cost (per session): N/A Sliding Scale: Some Accepted Payment Methods: N/A

Name	Rowlie Busch, LPCC, M.ED
Description	Solution focused brief therapy; cognitive behavioral therapy; motivational therapy.
Specialties	Substance use disorders; crisis intervention; career/vocational counseling.
Contact	970-327-4449
Location and Hours	Center for Mental Health-Telluride: 100 E Colorado Ave # 212, Telluride, CO Center for Mental Health-Norwood: 1175 Grand Ave, Norwood, CO Uncompahgre Medical Center Norwood: 1350 Aspen St, Norwood, CO
Payments Accepted	Accepted Insurance plans include: Medicaid; Medicare; most private insurances Avg. Cost (per session): Varies depending on insurance Sliding Scale: Yes Accepted Payment Methods: Cash, credit

Name	Tamara Chambless, MD, Psychiatry
Description	Psychiatry.
Specialties	N/A.
Contact	970-327-4449
Location and Hours	Center for Mental Health-Telluride: 100 E Colorado Ave # 212, Telluride, CO Center for Mental Health-Norwood: 1175 Grand Ave, Norwood, CO
Payments Accepted	Accepted Insurance plans include: Medicaid; Medicare; most private insurances Avg. Cost (per session): Varies depending on insurance Sliding Scale: Yes



Name	Tamara Chambless, MD, Psychiatry
	Accepted Payment Methods: Cash, credit

Name	Rae Centanni Shaffner, MSW, LCSW, Behavioral Health Clinician
Description	Solution focused brief therapy; cognitive behavioral therapy; narrative therapy; validation therapy.
Specialties	Depression; anxiety; trauma; PTSD; substance abuse; interpersonal violence; geriatrics.
Contact	970-728-3848
Location and Hours	Telluride Regional Medical Center 500 W Pacific Ave, Telluride, CO
Payments Accepted	Accepted Insurance plans include: Medicaid; Medicare; most private insurance Avg. Cost (per session): N/A Sliding Scale: Yes Accepted Payment Methods: Cash, credit

Name	Gin Eborn, MSW, LSW
Description	Psychotherapy; cognitive behavioral therapy; narrative therapy, mindfulness-based cognitive therapy; life coaching; shamanic-based work.
Specialties	Relationship conflicts; anxiety; depression; addictions; eating disorders; end of life/aging concerns; career planning/coaching; grief; trauma.
Contact	804-624-7438 gindragonfly@yahoo.com
Location and Hours	Telluride and Placerville, CO
Payments Accepted	Accepted Insurance plans include: No insurance Avg. Cost (per session): \$90 Sliding Scale: Yes Accepted Payment Methods: Triad EAP

Name	Shelley Fourney, MSW, LSW
Description	N/A.
Specialties	Depression; anxiety.
Contact	970-327-4449
Location and Hours	Uncompahgre Medical Center Norwood: 1350 Aspen St, Norwood, CO Center for Mental Health-Norwood: 1175 Grand Ave, Norwood, CO
Payments Accepted	Accepted Insurance plans include: Medicare; Medicaid; most private insurance Avg. Cost (per session): Varies depending on insurance Sliding Scale: Yes Accepted Payment Methods: Cash, credit

Name	Dr. Greer Garner, PhD in Counseling Psychology
Description	Cognitive behavioral therapy; solution focused brief therapy; narrative therapy.
Specialties	Family violence; DV; female issues; anxiety; depression; PTSD; relationship issues; dissociative identity disorder.
Contact	970-708-0154 garnerdr@yahoo.com
Location and Hours	Telluride, CO
Payments Accepted	Accepted Insurance plans include: No insurance Avg. Cost (per session): \$100/hr Sliding Scale: Yes Accepted Payment Methods: Cash, check

Name	Denise Gendreau, LCSW, CAC II
Description	Cognitive behavioral therapy.



Name	Denise Gendreau, LCSW, CAC II
Specialties	Drug & alcohol abuse; trauma; marriage and family counseling; depression; anxiety.
Contact	970-327-4449 970-728-6303
Location and Hours	Center for Mental Health-Telluride: 100 E Colorado Ave # 212, Telluride, CO Center for Mental Health-Norwood: 1175 Grand Ave, Norwood, CO
Payments Accepted	Accepted Insurance plans include: Medicaid; Medicare; most private insurances Avg. Cost (per session): Varies depending on insurance Sliding Scale: Yes Accepted Payment Methods: Cash, credit

Name	Dr. William Karls, M.D. Board Certified Psychiatry
Description	Psychiatry; neurology.
Specialties	Psychological evaluations; medication management.
Contact	970-327-4449
Location and Hours	Center for Mental Health-Telluride: 100 E Colorado Ave # 212, Telluride, CO Center for Mental Health-Norwood: 1175 Grand Ave, Norwood, CO
Payments Accepted	Accepted Insurance plans include: Medicaid; Medicare; most private insurances Avg. Cost (per session): \$15-94 Sliding Scale: Yes Accepted Payment Methods: Cash, credit

Name	Lynn Mayer, Certified Nutrition, Consultant (CNC), MA Psychology
Description	Kinesiology; contact reflex analysis; nutrition response testing; emotional freedom technique; neuro-emotional technique.
Specialties	Nutrition; lifestyle counseling.
Contact	lynn@thejoyofhealth.com
Location and Hours	222 W Colorado, Suite 11, Telluride, CO
Payments Accepted	Accepted Insurance plans include: N/A Avg. Cost (per session): N/A Sliding Scale: N/A Accepted Payment Methods: N/A

Name	Matt Mlynarczyk, MA, MFT
Description	Marriage & family therapy; trauma-informed, emotionally-focused therapy; dialectical behavior therapy; addictions.
Specialties	Substance use disorders; couples therapy.
Contact	970-327-4449
Location and Hours	Center for Mental Health-Telluride: 100 E Colorado Ave # 212, Telluride, CO
Payments Accepted	Accepted Insurance plans include: Medicaid; Medicare; most private insurances Avg. Cost (per session): Varies depending on insurance Sliding Scale: Yes Accepted Payment Methods: Cash, credit

Name	Barbara Blake, MSW, LCSW
Description	Eye movement desensitization and reprocessing therapy; narrative therapy.
Specialties	Individuals, couples, and family issues & self-growth; relationships; trauma; women's issues; incest; AMAC.
Contact	970-626-4330
Location and Hours	Telluride, CO
Payments Accepted	Accepted Insurance plans include: Rocky Mtn., HMO Avg. Cost (per session): \$85-90 if through insurance



Name	Barbara Blake, MSW, LCSW
	Sliding Scale: Yes Accepted Payment Methods: N/A

Name	Dr. Jonathon Barfield, PhD, MA
Description	Mindfulness-based cognitive therapy; cognitive therapy; compassion-based therapy; transpersonal therapy.
Specialties	Child attention issues and anxiety; Adult anxiety, depression and mood disorders; Chronic pain; Death and loss; Conflict resolution; Stress reduction.
Contact	970-708-5149 mountainpsychology@gmail.com
Location and Hours	100 W. Colorado Ave. Suite 241, Telluride, CO
Payments Accepted	Accepted Insurance plans include: No insurance Avg. Cost (per session): \$65-90 Sliding Scale: Yes Accepted Payment Methods: N/A

Name	Dr. Nancy Read, PhD, Licensed Psychologist
Description	Cognitive behavioral therapy; play therapy; family counseling; eye movement desensitization and reprocessing therapy.
Specialties	Anxiety; depression; anger management; family and divorce; grief; play therapy; sexual, emotional and physical Abuse; ADHD; GLBTQ; PTSD.
Contact	970-728-1217
Location and Hours	Telluride, CO
Payments Accepted	Accepted Insurance plans include: Medicaid; Medicare; BCBS; RMHP; UBH; UHC; CNIC; Cigna; Assurant; UMR; CVC; Call for fee Avg. Cost (per session): N/A Sliding Scale: Yes Accepted Payment Methods: N/A

Name	Rita Robinson, MA in Counseling/Psychology
Description	Hakomi psychotherapy; cognitive behavioral therapy.
Specialties	Grief; loss; depression; anxiety; relationship issues; low self-esteem; coaching.
Contact	970-729-0885 rita.marie.robinson@gmail.com
Location and Hours	Telluride and Ridgway CO
Payments Accepted	Accepted Insurance plans include: No insurance; EAP Avg. Cost (per session): \$55-85 Sliding Scale: Yes Accepted Payment Methods: Cash, check

Name	Dr. Susannah Smith, PhD, Clinical Psychologist, Licensed in CA & CO, Forensic Work, Expert Witness
Description	Jungian therapy; cognitive behavioral therapy; hypnotherapy.
Specialties	PTSD; court-ordered parenting; play therapy; hypnosis and stress management; cognitive behavioral therapy; legal case management; eating disorders; codependency; family system dynamics; mediation equine-assisted therapy.
Contact	Work: 970-728-5234 Cell: 970-708-0740 shas14@gmail.com
Location and Hours	126 W. Colorado #304, Telluride, CO
Payments Accepted	Accepted Insurance plans include: Insurance, CVC, Medicare; no Medicaid Avg. Cost (per session): \$175, Some Pro Bono,



Name	Dr. Susannah Smith, PhD, Clinical Psychologist, Licensed in CA & CO, Forensic Work, Expert Witness
	Sliding Scale: Yes Accepted Payment Methods: Credit, cash, check

Name	Christine Stephenson, LPC
Description	Solution focused brief therapy; mindfulness-based cognitive therapy; behavior modification therapy; eye movement desensitization preprocessing; trauma-focused cognitive behavioral therapy; cognitive behavioral therapy; motivational interviewing.
Specialties	Depression; anxiety; sleep hygiene; addictions; relationship problems; nutritional wellness; stress management; trauma; grief.
Contact	970-901-0394 curlychrislpc@gmail.com
Location and Hours	Telluride, CO
Payments Accepted	Accepted Insurance plans include: Most private insurances; RMHP; United; Anthem; some EAP Avg. Cost (per session): N/A Sliding Scale: N/A Accepted Payment Methods: N/A

Name	Rachael Cooke Allen MA, LPCC, NCC
Description	Cognitive behavioral therapy, dialectical behavioral therapy; mindfulness based therapy.
Specialties	Depression; anxiety; eating Disorders; substance use disorders/addictions; trauma; interpersonal violence; sexual assault; nutrition.
Contact	970-728-3848
Location and Hours	Telluride Medical Center 500 W Pacific Ave. Telluride, CO
Payments Accepted	Accepted Insurance plans include: Insurance Avg. Cost (per session): N/A Sliding Scale: Yes Accepted Payment Methods: N/A

Name	Dr. Tara M. Gray, Phd, LPC and LSC
Description	Cognitive behavioral therapy; solution focused brief therapy; trans-diagnostic therapy; play therapy; interpersonal approach; empowerment therapy.
Specialties	ADHD; anxiety; behavioral issues; career counseling; coping skills; depression; divorce; domestic violence; eating disorders; emotional disturbance; family conflict; grief; infertility; infidelity; parenting; peer relationships; relationship issues; school issues; self-esteem; self-harming; substance abuse; suicidal ideation; trauma and PTSD; wellness and personal growth.
Contact	970-769-9472
Location and Hours	Counseling & Wellness Telluride, CO
Payments Accepted	Accepted Insurance plans include: No insurance Avg. Cost (per session): \$50-250/session. Full payment is due at time of service. She asks that you pay at the beginning of each session. Reduced fee services are available on a limited basis for extenuating financial circumstances. Sliding Scale: Yes Accepted Payment Methods: Cash or credit cards.

Montrose County

Name	David Good, MD Psychiatry
Description	General psychiatry; psychotherapy.



Name	David Good, MD Psychiatry
Specialties	Anxiety dissociative and somatoform disorders; anxiety phobic disorders; ADD; bipolar disorder; depressive disorders.
Contact	970-249-0442 Fax: 970-249-8495
Payments Accepted	Accepted Insurance plans include: Takes insurance (except BCBS, Medicaid); No PCP referral needed (unless insurance requires it) Avg. Cost (per session): \$240 initial visit Sliding Scale: N/A Accepted Payment Methods: N/A

Name	Erik Cooper, MA, LMFT
Description	Eye movement desensitization and reprocessing.
Specialties	Individual, marriage/couples, and family counseling.
Contact	970-249-2332
Location and Hours	Western Slope Psych-Health 534 S 2 nd Street, Montrose, CO
Payments Accepted	Accepted Insurance plans include: Medicaid and Blue Cross / BlueShield Avg. Cost (per session): N/A Sliding Scale: N/A Accepted Payment Methods: N/A

Name	Kay Bartlett, LPC, CACIII
Description	Cognitive behavioral therapy.
Specialties	Domestic violence treatment provider; anger management; addictions; eating disorders; teens; families; faith-based.
Contact	970-270-0819 kaybartlett@tds.net
Location and Hours	Montrose, CO
Payments Accepted	Accepted Insurance plans include: N/A Avg. Cost (per session): \$50/hr Sliding Scale: N/A Accepted Payment Methods: N/A

Name	Denise Gendreau, LCSW, CAC II
Description	Cognitive behavioral therapy.
Specialties	Drug & alcohol abuse; trauma; marriage and family; depression & anxiety.
Contact	970-327-4449 970-728-6303
Location and Hours	Center for Mental Health 421 Adams St., Naturita, CO
Payments Accepted	Accepted Insurance plans include: Medicaid; Medicare; most private insurance Avg. Cost (per session): Varies depending on insurance Sliding Scale: Yes Accepted Payment Methods: Cash, credit

Name	Linda Stanger, LCSW
Description	Play therapy; parent and child interactions therapy.
Specialties	Child Anxiety; depression; school performance.
Contact	970-249-4449



Name	Linda Stanger, LCSW
Location and Hours	Solutions Wellness Center 2798 Woodgate Rd Ste A, Montrose, CO
Payments Accepted	Accepted Insurance plans include: Most private insurances; No Medicaid/Medicare Avg. Cost (per session): \$130 for first session; \$110 f/u apts Sliding Scale: No Accepted Payment Methods: Cash, check, credit

Name	Dr. Nick Taylor, PhD, CAC III
Description	Cognitive behavioral therapy.
Specialties	Drug & alcohol abuse; anger management; psychological evaluations.
Contact	970-249-4449
Location and Hours	Solutions Wellness Center 2798 Woodgate Rd Ste A, Montrose, CO
Payments Accepted	Accepted Insurance plans include: Most private insurances; No Medicaid/Medicare Avg. Cost (per session): \$140 initial; \$120 f/u apts. Sliding Scale: No Accepted Payment Methods: Cash, check, credit



Name	Dr. Paula Trautner, MD, Psychiatrist
Description	N/A.
Specialties	Anxiety phobic disorders; bipolar disorder; depressive disorders.
Contact	970-249-6116
Location and Hours	Montrose, CO
Payments Accepted ed	Accepted Insurance plans include: Needs phone call referral from PCP; Takes RMHP & Medicare Avg. Cost (per session): \$250 initial & \$100 f/u apts. Sliding Scale: No Accepted Payment Methods: Cash

Name	Carol Watson, MA licensed, LPC/NCC Certified, DV counselor, Graduate of REBT
Description	Cognitive behavioral therapy.
Specialties	Domestic violence counseling; individual and family counseling.
Contact	970-249-2134
Location and Hours	New Directions 1802 S Townsend Ave., Montrose, CO
Payments Accepted	Accepted Insurance plans include: Court ordered; no insurance Avg. Cost (per session): \$25+ Sliding Scale: Yes Accepted Payment Methods: Cash, check, money orders

Name	Dr. Richard Wallingford, MD Psychiatry
Description	N/A.
Specialties	N/A.
Contact	970-249-9694
Location and Hours	Center for Mental Health Montrose 605 E. Miami Rd., Montrose, CO
Payments Accepted	Accepted Insurance plans include: Medicaid; Medicare; most private insurance Avg. Cost (per session): Varies depending on insurance Sliding Scale: Yes Accepted Payment Methods: Cash, credit



Name	Randolph Stanko, LMFT, LLC
Description	Attachment-based therapy; family/marital therapy; psychodynamic therapy.
Specialties	Depression; marital and premarital; spirituality; anxiety; asperger's syndrome; behavioral issues; bipolar disorder; borderline personality; Christian religious issues; codependency; divorce; domestic abuse; emotional abuse; emotional disturbance; family conflict; grief; infertility; infidelity; internet addiction; men's issues; narcissistic personality; oppositional defiance; parenting; peer relationships; self-esteem; sexual abuse; sexual addiction; trauma; PTSD.
Contact	970-249-5595
Location and Hours	Montrose, CO
Payments Accepted	Accepted Insurance Plans: Rocky Mountain Health Plans; Out of Network Avg. Cost (per session): \$85-140 Sliding Scale: Yes Accepted Payment Methods: Cash, Check

Name	Tana Marie Arnold MS, LPCC
Description	Attachment-based therapy; cognitive behavioral therapy; emotionally focused therapy; family systems therapy; mindfulness-based cognitive therapy; trauma focused therapy.
Specialties	Child or adolescent; parenting; women's issues; anger management; anxiety; behavioral issues; coping skills; depression; oppositional defiance; peer relationships; pregnancy, prenatal and postpartum; relationship issues; school issues; self-esteem; self-harming; suicidal ideation; trauma; PTSD.
Contact	970-279-4375
Location and Hours	ViewPoint Mental Health Counseling, LLC 543 S 2nd Street, Montrose, CO Offers evening and weekend appointments to work with your schedule, not against it.
Payments Accepted	Accepted Insurance plans include: N/A Avg. Cost (per session): \$80-90 Sliding Scale: Yes Accepted Payment Methods: Cash, Check, Mastercard, Visa

Name	Karen Dunn Pritchard, MA, LPC, CHT
Description	Hakomi Method; eye movement desensitization and reprocessing; art therapy; dialectical behavior therapy.
Specialties	Depression; anxiety; trauma; PTSD; grief; physical/sexual abuse; addictions; relationships.
Contact	970-249-4449
Location and Hours	Solutions Wellness Center 2798 Woodgate Rd Ste A, Montrose, CO
Payments Accepted	Accepted Insurance plans include: Most private insurances Avg. Cost (per session): \$120 initial; \$100 after Sliding Scale: No Accepted Payment Methods: Cash, check, credit

Name	Eric Cooper, LMFT, MA Marriage and Family,
Description	Cognitive behavioral therapy; play therapy; eye movement desensitization and reprocessing;
Specialties	Individual, marriage/couples, and family counseling.
Contact	970-249-2332 coopco@montrose.net
Location and Hours	543S. 2nd St., Montrose, CO
Payments Accepted	Accepted Insurance plans include: CVC Avg. Cost (per session): \$90-110 Sliding Scale: N/A Accepted Payment Methods: N/A



Name	Dana Hawk, LPS
Description	Cognitive behavioral therapy; solution focused brief therapy.
Specialties	Depression; anxiety; substance abuse.
Contact	970-327-4449
Location and Hours	Center for Mental Health-Norwood, 1175 Grand Ave, Norwood, CO
Payments Accepted	Accepted Insurance plans include: Medicaid; Medicare; most private insurance Avg. Cost (per session): Varies depending on insurance Sliding Scale: Yes Accepted Payment Methods: Cash, credit

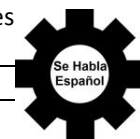
Local Support Group & Peer Services

Empowerment Centers	
Appointment Procedure	Ask your therapist or care manager at The Center for Mental Health to refer you to the program.
Languages Spoken	English
Type of Payment Accepted	Groups/classes are free of charge
Location	107 W 11th St, Delta, CO 81416 (Center for Mental Health-Delta) 605 E. Miami, Montrose, Co 81401 (Center for Mental Health-Montrose) Delta: 970-874-8981; Montrose: 970-252-1423
Description	Peer Programs are an important part of the recovery journey. Peer support is the “act of people who have had similar experiences with mental illness giving each other encouragement, hope, assistance, guidance, and understanding that aide in recovery.” There are Empowerment Centers in both Montrose and Delta where people with mental health challenges can go to find recovery and support.
Mental Health Services Provided	Peer support and recovery focused groups

NAMI Connection Recovery Support Group	
Appointment Procedure	No appointment required.
Languages Spoken	English
Type of Payment Accepted	Groups/classes are free of charge
Location	Meeting Times: 2 nd Monday of every month 6:30-8:00pm, Mind Springs Health (515 28 3/4rd. Bldg. A (South Door) Grand Junction, CO) Link: http://www.namiws.org/NAMI_Connection.html
Description	NAMI Connection is a Recovery Support Group Program that is a peer-based, mutual support group program for any adult living with a mental illness. Connection groups provide a place for individuals who have in common the experience of living with mental illness, to share experiences and use them as learning opportunities. Groups are a safe place to confront the challenges that all people face, regardless of diagnosis.
Mental Health Services Provided	This group: <ul style="list-style-type: none"> ○ Meets for 90 minutes ○ Offered free of charge to NAMI members and non-members alike ○ Follows a flexible structure without an educational format ○ Does not recommend or endorse any medication or medical therapies



San Miguel Resource Center	
Appointment Procedure	Call 970-728-5842 to schedule an appointment; walk-ins welcome as well. Scheduling process varies depending on the service.
Languages Spoken	English and Spanish
Type of Payment Accepted	No Fees
Location	135 W Colorado Ave Telluride, CO Link: http://smrcco.org
Description	Community Resource Center for domestic violence and sexual assault; School and community education services. Narrative therapy, Empowerment
Mental Health Services Provided	Domestic violence; sexual assault; confidential counseling and support; community education; referrals



NAMI Family Support Group	
Appointment Procedure	No appointment required.
Languages Spoken	English
Type of Payment Accepted	Groups/classes are free of charge
Location	Meeting Times: 2 nd Monday of every month 6:30-8:00pm, Mind Springs Health (515 28 3/4rd. Bldg. A (South Door) Grand Junction, CO) Link: http://www.namiws.org/Family_Support_Group.html
Description	NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Groups generally meet on a monthly basis but may meet weekly. The hallmark of a NAMI support group is leveraging the collective knowledge and experience of the other participants.
Mental Health Services Provided	Family counseling

NAMI Peer-to-Peer Class	
Appointment Procedure	By Appointment only. To schedule an appointment, call the NAMI Western Slope office at 970-462-3989 or email info@namiws.org .
Languages Spoken	English
Type of Payment Accepted	Groups/classes are free of charge
Location	Contact: info@namiws.org to get more information Link: http://www.namiws.org/Peer_to_Peer.html
Description	NAMI Peer-to-Peer is a free, 10-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery. Taught by a trained team of people who've been there, the program includes presentations, discussion and interactive exercises. Everything is confidential, and NAMI never recommends a specific medical therapy or treatment approach.
Mental Health Services Provided	Online program.

NAMI In Our Own Voice	
Appointment Procedure	By Appointment only. To schedule an appointment, call the NAMI Western Slope office at 970-462-3989 or email info@namiws.org .
Languages Spoken	English
Type of Payment Accepted	Groups/classes are free of charge



NAMI In Our Own Voice	
Location	NAMIws - namiwesternslope@gmail.com to book a presentation. Link: http://www.namiws.org/IOOV.html
Description	In Our Own Voice (IOOV) is a unique public education program developed by NAMI, in which two trained individuals living with mental illness share their compelling personal stories about achieving recovery.
Mental Health Services Provided	Peer-to-peer counseling

NAMI Basics (Colorado Visions)	
Appointment Procedure	By Appointment only. To schedule an appointment, call the NAMI Western Slope office at 970-462-3989 or email info@namiws.org
Languages Spoken	English
Type of Payment Accepted	Groups/classes are free of charge
Location	Contact: info@namiws.org or 970-462-3989 for future class details Link: http://www.namiws.org/Colorado_Visions.html
Description	An educational program for parents and caregivers of children and adolescents with mental illness and/or serious emotional disorders collectively described as "brain disorders". This 5-week course is aimed to give information to parents and caregivers of children with brain disorders. This is a family member-to-family member course. The course gives family members and caregivers the opportunity to share mutual experiences and learn valuable lessons from one another.
Mental Health Services Provided	Educational program

SMART Recovery	
Appointment Procedure	Varies depending on the class (see below): Public meetings are open to anybody. Private meetings are only open by invitation or approval, and generally require an existing relationship with the faculty/facilitator.
Languages Spoken	English
Type of Payment Accepted	Groups/classes are free of charge
Location	Meeting Times Montrose: Monday: <ul style="list-style-type: none"> 2:00 PM at 1200 North Grand Avenue Montrose Colorado 81401 (Private) 3:00 PM to 4:30 PM at The Empowerment Center inside the Center for Mental Health 605 Miami Road Montrose, Colorado 81401 (Public) 7:00 PM to 8:30 PM at the Center for Mental Health 605 Miami Road Montrose, Colorado 81401 (Public) Tuesday: <ul style="list-style-type: none"> 2:30 PM to 4:00 PM at Montrose Empowerment Center 510 South 2nd Street Montrose, Colorado 81401 (Public) Thursday: <ul style="list-style-type: none"> 7:00 PM at the Center for Mental Health 605 Miami Road Montrose, Colorado 81401 (Public) Delta: Wednesday: <ul style="list-style-type: none"> 2:30 PM to 4:00 PM at the Center for Mental Health 107 West 11th Street Delta, Colorado 81416 (Public) Friday: <ul style="list-style-type: none"> 5:30 PM to 7:00 PM at Westminster Hall 145 West 4th Street Delta, Colorado 81416 Link: https://www.smartrecovery.org/local/#s=1

SMART Recovery	
Description	SMART Recovery provides educational support group meetings for individuals who want to gain independence from addictive behaviors by teaching how to change self-defeating thinking, emotion, and action.
Mental Health Services Provided	Educational support group

Hearing Voices—Grand Junction	
Appointment Procedure	No appointment required.
Languages Spoken	English
Type of Payment Accepted	Groups/classes are free of charge
Location	Meeting Times: Colorado West Mental Health (2020 N 12 th Street Grand Junction, CO) Wednesdays 12PM Contact: jcurtis@cwrmhmc.org or 970-241-6023 X 7390
Description	Hearing Voices does both education and support, for voice hearers and people with other extreme states. They also include families and supporters in the group, including the support part of the meeting. The group asks for families and supporters to stay so they can learn. They meet in a mental health center, as getting weekly meeting space is very difficult and costly, and the space is provided at no charge, and with no interference.
Mental Health Services Provided	Education and support, for voice hearers and people with other extreme states.

Mind Springs Health Grand Junction Peer Support Education & Classes	
Appointment Procedure	No appointment required.
Languages Spoken	English
Type of Payment Accepted	Groups/classes are free of charge
Location	Link: http://mindspringshealth.org/treatment/peer-services/
Description	Peer services provide opportunities for recovering individuals to connect with others who have also experienced mental health or substance abuse issues. Our peer specialists are available to support individuals and/or their family members in dealing with mental illness. They offer understanding, education and assistance in dealing with many issues. As many recovery individuals find strength and inspiration by providing strength and inspiration to others, peer services support those with a diagnosis in creating fulfilling, productive lives.
Mental Health Services Provided	Peer specialists and services.



Alcoholics Anonymous

Alcoholics Anonymous (AA) is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

A.A. members share their experience with anyone seeking help with a drinking problem; they give person-to-person service or “sponsorship” to the alcoholic coming to A.A. from any source. The A.A. program, set forth in our Twelve Steps, offers the alcoholic a way to develop a satisfying life without alcohol.

A.A. members may be asked to conduct the informational meetings about A.A. as a part of A.S.A.P. (Alcohol Safety Action Project) and D.W.I. (Driving While Intoxicated) programs. These meetings *about* A.A. are *not* regular A.A. group meetings.

There are different types of AA meetings:



Open (O) speaker meetings — open to alcoholics and nonalcoholics. (Attendance at an open A.A. meeting is the best way to learn what A.A. is, what it does, and what it does not do.) At speaker meetings, A.A. members “tell their stories.” They describe their experiences with alcohol, how they came to A.A., and how their lives have changed as a result of Alcoholics Anonymous

Open (O) discussion (D) meetings — one member speaks briefly about his or her drinking experience, and then leads a discussion on A.A. recovery or any drinking-related problem anyone brings up.

Closed (C) discussion (D) meetings — conducted just as open discussions are, but for alcoholics or prospective A.A. members only.

Step meetings (usually closed) — discussion of one of the Twelve Steps.

Alcoholics Anonymous-- Telluride

Languages Spoken	English and Spanish
Location and Hours of Operation	<p><u>Address</u> 434 W. Columbia Avenue One Block North (Up) from Colorado Avenue (Main), across the street diagonally from the Elementary School.</p> <p><u>Hours</u> Mondays: 5:30pm Al-anon (upstairs) & 5:30pm AA (downstairs) Tuesdays: 7:00am AA (downstairs) & 5:30pm NA (downstairs) Wednesdays: 5:30pm AA (downstairs) Thursdays: 5:30pm AA at Alpine Chapel, 122 S. Aspen Fridays: 7:00am AA (downstairs) & 5:30pm AA (downstairs) Saturdays: 10:00am AA (downstairs) Sundays: 5:30pm AA (downstairs)</p>



Alcoholics Anonymous-- Montrose

Languages Spoken	English and Spanish
Location and Hours of Operation	<p>Sunday: 9:00am O, Seventh Day Adventist Church 1401 S Townsend Sunday: 6:30pm C, M, D All Anglican Church, 2067 S Townsend; 6:30pm, O, W, D, All Anglican Church, 2067 S Townsend; 8:00pm, C, BB, 1st Church of the Nazarene, 705 S 12th St Monday: 8:00am, O, All Anglican Church 2067 S Townsend; Noon, O, Methodist Church 19 S Park Ave (rear door); 8:00pm, O, BG, 1st Church of the Nazarene, 705 S 12th St Tuesday: 8:00am, O, All Saints Anglican Church, 2067 S Townsend; 7:00pm, O, BB, BG, Methodist Church, 19 S Park (rear door) Wednesday: 8:00am, O, All Saints Anglican Church, 2067 S Townsend; 7:00pm, C, Methodist Church, 19 S Park (rear door) Thursday: 8:00am, O, Book Study, All Saints Anglican Church, 2067 S Townsend; 10:00am, O, Presbyterian</p>

Alcoholics Anonymous-- Montrose	
	Church, 1840 East Niagara; 7:00pm, O, SS, Methodist Church, 19 S Park (rear door) Friday: 8:00am, O, All Saints Anglican Church, 2067 S Townsend; 8:00pm, O, Candlelight Methodist Church, 19 S Park (rear door) Saturday: 8:00am, O, All Saints Anglican Church, 2067 S Townsend; 7:00pm, O, Methodist Church, 19 S Park, (rear door) (last Saturday of the month = Speaker Meeting)

Alcoholics Anonymous-- Ouray	
Languages Spoken	English and Spanish
Location and Hours of Operation	Monday, 7:00pm, Public Health Clinic, 3rd Ave & 2nd St. Tuesday, 7:00pm, Public Health Clinic, 3rd Ave & 2nd St. Friday, 9:00am, Public Health Clinic, 3rd Ave & 2nd St. Saturday, 9:00am, Public Health Clinic, 3rd Ave & 2nd St.



Alcoholics Anonymous-- Ridgway	
Languages Spoken	English and Spanish
Location and Hours of Operation	Sunday, 7:00pm, Ridgway Community Church, 685 Sherman St Wednesday, 7:00pm, Ridgway Community Church, 685 Sherman St



Alcoholics Anonymous-- Olathe	
Languages Spoken	English and Spanish
Location and Hours of Operation	Monday 8:00pm, Olathe Community Center, 115 Main Street



Alcoholics Anonymous-- Delta	
Languages Spoken	English and Spanish
Location and Hours of Operation	Sunday: 1:00pm, O, Spkr, Friends of Bill W Club, 897 Palmer St Monday: Noon, O, Friends of Bill W Club, 897 Palmer St Tuesday: Noon, O, Friends of Bill W, 897 Palmer St; 7:15 pm O, BS Friends of Bill W Club, 897 Palmer St. Wednesday: Noon, O, 12x12, Friends of Bill W Club, 897 Palmer St; 5:00pm C, W, Friends of Bill W Club, 897 Palmer St; 8:00pm C, BB Mental Health Center, 107 W 11th Street Thursday: Noon, O, Friends of Bill 897 Palmer St.; 8:00pm, O, D, Friends of Bill 897 Palmer St. Friday: Noon, O, BB, Friends of Bill W Club, 897 Palmer St Saturday: 11:00am, O, W, St. Luke's Episcopal Church, 5th & Palmer (back / downstairs); 12:15pm, O, D, Friends of Bill W Club, 897 Palmer St; 7:30pm, O, Spkr, wheelchair accessible, Calvary Baptist Church, 1290 A St.



Center for Mental Health

The Center for Mental Health (CMH) has provided behavioral health services in Delta, Gunnison, Hinsdale, Montrose, Ouray, and San Miguel Counties since 1964.



The CMH is committed to providing opportunities for growth and change that promote health and well-being in the communities they serve. CMH provides the following services:

- Individual therapy for all ages
- Group therapy
- Substance use disorder therapy
- 24-hour, no-cost emergency services

For individual and group therapy, appointments can be scheduled by phone or on-site. Once you schedule an appointment, you will go through a required intake process, which includes filling out papers and answering a series of questions. This helps CMH provide the best care possible for your individual situation. Intake appointments take about two hours.

Individual therapy appointments will take an hour. Group therapy can take up to an hour and a half. For some services, such as psychiatric evaluations, there are short wait times before an appointment is scheduled.

The CMH uses an income-based sliding fee scale for self-pay clients. CMH also takes most third-party insurance and self-paying clients. CMH accepts Medicaid.



The Center has a dedicated emergency services team available to respond to emergency calls in all six counties, 24-hours a day, 7-days a week. Crisis intervention, suicide/homicide risk assessment, emergency mental health and alcohol commitments, and debriefings are among the services provided. Emergency services are available at no cost. Their number is: 970.252.6220.

Center for Mental Health—Montrose

Languages Spoken	English and Spanish
Location and Contact Information	<p><u>Hours</u> Monday-Friday 8:00 a.m. to 5:00 p.m. Walk-in clinic hours: Monday and Wednesday 8:45 a.m. - 11:00 a.m. & 12:45 p.m. - 3:00 p.m.; Tuesday and Thursday 12:45 p.m. - 3:00 p.m.; Friday: 8:45 a.m. - 1:00 p.m.</p> <p><u>Address</u> 605 East Miami Road, Montrose, CO</p> <p><u>Contact</u> Phone: 970.249.9694 Fax: 970.249.2955</p>



Center for Mental Health—Telluride

Languages Spoken	English and Spanish
Location and Contact Information	<p><u>Address</u> 100 W. Colorado Blvd., Suites 212-213, Telluride, CO</p> <p><u>Contact</u> Phone: 970-252-6220</p> <p><u>Hours</u> Monday-Friday 8:00 a.m.-5:00 p.m.</p>



Center for Mental Health—Basin Clinic -- Naturita


Languages Spoken	English and Spanish
Location and Contact Information	<p><u>Address</u> 421 Adams St., Naturita, CO</p> <p><u>Contact</u> Phone: 970-327-4449</p> <p><u>Hours</u> Tuesday: 10:00 a.m.-6:30 p.m.</p>




Center for Mental Health—Delta

Languages Spoken	English and Spanish
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Center for Mental Health—Delta

Location and Contact Information	<p><u>Address</u> 107 W. 11th Street, Delta, CO</p> <p><u>Contact</u> Phone: 970-874-8981 Fax: 970-874-4169</p> <p><u>Hours</u> Monday-Friday 8:00 a.m. to 5:00 p.m. Walk-In Clinic Hours: Monday and Wednesday 8:45 a.m.-11:00 a.m. & 12:45 pm -3:00 p.m.; Tuesday and Thursday 12:45 p.m. -3:00 p.m.; Friday: 8:45 am -1:00 pm</p>	
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Center for Mental Health—Norwood

Languages Spoken	English and Spanish	
Location and Contact Information	<p><u>Address</u> 1175 Grand Ave., Norwood, CO</p> <p><u>Contact</u> Phone: 970-327-4449 Fax: 970-327-4676</p> <p><u>Hours</u> Open 8:00 a.m. to 5:00 p.m. M–F</p>	

Center for Mental Health Services—Available at River Valley Family Health Center

Languages Spoken	There are both bi-lingual and bi-cultural providers. English and Spanish?	
Location and Contact Information	<p><u>Address</u> 320 North 3rd Street, PO Box 529, Olathe, CO</p> <p><u>Contact</u> Phone: 970-323-6141</p> <p><u>Hours</u> Monday-Friday: 8:15 a.m. to 5:00 p.m.</p>	

Northside Child Health Center

Category	Mental Health and Physical Health Services	
Appointment Procedure	Appointments are to be made through phone calls	
Languages Spoken	English and Spanish	
Type of Payment Accepted	<p>All services are offered on a sliding fee scale based on income. No one is denied care because of inability to pay. Northside is an eligibility site for Medicaid, CHP, Rocky Mountain, and EBMS.</p> <p>As for CMH, income-based sliding fee scale for self-pay clients. 24-Hour Emergency Services are free of charge to everyone, even those who are not current clients of the Center at the time of the call. CMH also takes most third-party insurance and self-paying clients. CMH accepts Medicaid.</p>	
Location and Contact Information	<p><u>Address</u> 528 North Uncompahgre Montrose, Colorado Located on the Northside Elementary School Campus</p> <p><u>Contact</u> Phone: 970-240-6438</p> <p><u>Hours</u> Monday-Friday 7:30 a.m. to 5:00 p.m.</p>	
Description	The Center for Mental Health has been providing behavioral health services in Delta, Gunnison, Hinsdale, Montrose, Ouray, and San Miguel Counties since 1964.	



Northside Child Health Center	
Services Provided	<p>Physical health care is provided to children from throughout Montrose ages birth through 18. Mental health care is provided to children attending Northside Elementary School. CMH offer the following services:</p> <ul style="list-style-type: none"> • Individual therapy for all ages • Group therapy • Substance use disorder therapy • 24-hour, no-cost emergency services • Peer services • Suicide prevention education and training • Psychiatric/medication services • Integrated services <p>The Center has a dedicated emergency services team available to respond to emergency calls in all six counties, 24-hours a day, 7-days a week. Crisis intervention, suicide/homicide risk assessment, emergency mental health and alcohol commitments, and debriefings are among the services provided. Emergency services are available at no cost.</p>

Veterans' Services


Grand Junction Veterans Affairs (VA) Medical Center	
Category	Veterans Health Services
Appointment Procedure	Appointments can be scheduled by phone or on-site
Languages Spoken	English and Spanish
Type of Payment Accepted	<p>VA is required to bill private health insurance providers for medical care, supplies and prescriptions provided for treatment of Veterans' nonservice-connected conditions. Generally, VA cannot bill Medicare, but can bill Medicare supplemental health insurance for covered services.</p> <p>All Veterans applying for VA medical care are required to provide information on their health insurance coverage, including coverage provided under policies of their spouses. Veterans are not responsible for paying any remaining balance of VA's insurance claim not paid or covered by their health insurance, and any payment received by VA may be used to offset "dollar for dollar" a Veteran's VA copay responsibility.</p> <p>Usually, Veterans who qualify for Medicaid will not pay copays for VA health care.</p>
Location	<p><u>Address</u> 2121 North Avenue Grand Junction, CO</p> <p><u>Contact</u> Phone: 970-242-0731</p> <p><u>Hours</u> Mental Health Professionals on-call and available 24/7 Walk-in Hours: Monday-Friday 8:00 a.m. to 3:30 p.m.</p>
Description	The Grand Junction VA Medical Center (VAMC) serves 37,000 veterans residing on the Western Slope. The VAMC provides primary and secondary care including acute medical, surgical, and psychiatric inpatient services, as well as a full range of outpatient services.
Mental Health Services Provided	<p>Military Sexual Trauma (MST) is the term VA uses to refer to sexual assault or repeated, threatening sexual harassment occurring during a Veteran's military service. VA has expanded eligibility for Veterans in need of mental health care due to sexual assault or sexual harassment to Reservists and National Guard members participating in weekend drill.</p> <p>Readjustment Counseling Services-- VA provides free readjustment counseling and outreach services to Veterans who served in a theater of operations (combat zone), through community-based counseling centers,</p>




Grand Junction Veterans Affairs (VA) Medical Center

called Vet Centers. Services also are available for their family members regarding military-related issues.

Montrose VA Outpatient Clinic-- Montrose

Category	Veteran Health Services	
Appointment Procedure	Appointments can be scheduled by phone or on-site	
Languages Spoken	English and Spanish	
Type of Payment Expected	<p>VA is required to bill private health insurance providers for medical care, supplies and prescriptions provided for treatment of Veterans' nonservice-connected conditions. Generally, VA cannot bill Medicare, but can bill Medicare supplemental health insurance for covered services.</p> <p>All Veterans applying for VA medical care are required to provide information on their health insurance coverage, including coverage provided under policies of their spouses. Veterans are not responsible for paying any remaining balance of VA's insurance claim not paid or covered by their health insurance, and any payment received by VA may be used to offset "dollar for dollar" a Veteran's VA copay responsibility. Usually, Veterans who qualify for Medicaid will not pay copays for VA health care.</p>	
Location	<p><u>Address</u> 154 Colorado Avenue Montrose, CO</p> <p><u>Contact</u> Phone: 970-249-7791</p> <p><u>Hours</u> Monday-Friday 8:00 a.m. to 4:30 p.m.</p>	
Description	The VAMC provides primary and secondary care including acute medical, surgical, and psychiatric inpatient services, as well as a full range of outpatient services.	
Services Provided	Mental Health Services: 24-Hour Emergency Mental Health Services; Individual Therapy; Group Therapy; DBT; Family Therapy; Psychiatric Evaluations; Medication Management; Case Management Services; Nursing Home Services; Employee Assistance Programs; Consultation and Education; Substance Abuse Services; Intensive Outpatient Services for Adults; Enhanced Outpatient Services for Adults and Adolescents; Individual Therapy; Case Management Services; Substance Abuse Evaluations; Strategies for Self-Improvement and Change. In an effort to better serve the veteran and family members, upon request Vet Centers will provide services after normal work hours and/or on weekends.	

Welcome Home Montrose-- Montrose

Category	Community Based Organization	
Appointment Procedure	None	
Languages Spoken	English, Spanish	
Type of Payment Expected	None	
Location	<p><u>Address</u> 11 South Park Ave Montrose CO</p> <p><u>Contact</u> Phone: 970-765-2210</p> <p><u>Hours</u> See services provided</p>	



Welcome Home Montrose-- Montrose	
Description	The Welcome Home Alliance for Veterans, locally known as Welcome Home Montrose, is a grassroots community initiative inspired by the determination and courage of Corporal Todd Love, his father Gary Love, and USMC Sergeant (Retired) Jared Bolhuis. Their goal is to make Montrose Colorado a “no barriers” city and invite America’s troops to live in this community where they can have the opportunity to thrive. They are entirely volunteer powered and donation funded.
Services Provided	<p>Let Freedom Ring Project: Volunteers at the Warrior Resource Center create these chimes by hand and distribute 100 in public places each Memorial Day and Veterans Day. Individuals can find one and hang it at the home or business of a someone who has served in the military-Weekly Monday-Wednesday 10-3pm</p> <p>Weekly Veteran’s Coffee Every Thursday 8:00 – 10:00 a.m.</p> <p>Monthly Spouses Luncheon Last Friday of each month 11:30 a.m. – 1 p.m. (Spouses Luncheons are underwritten by many businesses and restaurants in our city. They appreciate your patronage.)</p> <p>Wives of Warriors Support Group Fridays 2 pm at the Warrior Resource Center</p> <p>Tai Chi Workshop Classes are held on Tuesday’s and Thursday’s from 6-7:15 pm</p>

Veteran Service Officers	
Description of Services	Veteran Service Officers help you navigate the DVA’s bureaucracy, and their services are free. They will help with gathering the information necessary to support a claim, filing the claim, and tracking the claim through the VA system. They can also assist with filing appeals for denied claims.
Appointment Procedure	Appointment can and should be arranged on a timely basis via phone
Languages Spoken	English
Type of Payment Accepted	None
Sheldon Smith (Ouray) Contact and Address	<p><u>Address</u> Department of Health & Human Services Bldg. 1845 S. Townsend Ave., Montrose, CO 81401</p> <p><u>Contact</u> Phone: 970-249-2115 Email: ssmith@montrosecounty.net</p> <p><u>Hours</u> Monday-Thursday 8:00 a.m. to 12:00 p.m.</p>
Jim Botenhagen (San Miguel)	<p><u>Address</u> Works without physical address</p> <p><u>Contact</u> Phone: 970-728-4501</p>
Brian Ayers (Delta) Contact and Address	<p><u>Address</u> Delta County Courthouse 501 Palmer Street, Delta, CO 81428</p> <p><u>Contact</u> Phone: 970-874-2082</p> <p><u>Hours</u> Monday-Tuesday 9:00 a.m. to 4:30 p.m. or by appointment</p>
Sheldon Smith	<u>Address</u>



Veteran Service Officers	
(Montrose) Contact and Address	Department of Health & Human Services Bldg. 1845 S. Townsend Ave., Montrose, CO 81401 <u>Contact</u> Phone: (970) 249-2115 Email: ssmith@montrosecounty.net <u>Hours</u> Monday-Thursday 8:00 a.m. to 12:00 p.m.

Statewide Behavioral Health Resources

National Alliance on Mental Illness	
Languages Spoken	English
Type of Payment Accepted	Cost Free
Location	Link: http://www.namicolorado.org/
Description	NAMI Colorado is dedicated to building better lives for the 250,000 plus Coloradans and their families who are affected by any number of mental illnesses - schizophrenia, bipolar disorder, depression, PTSD, obsessive-compulsive disorder, borderline personality disorder, panic disorder and others.
Mental Health Services Provided	NAMI can help you find support services in your area, including support groups and mental health organizations.

Colorado Crisis Services	
Languages Spoken	English
Type of Payment Accepted	Cost Free
Location	Link: http://coloradocrisiservices.org/
Description	Colorado's first statewide resource for mental health, substance use or emotional crisis help, information and referrals.
Mental Health Services Provided	If you don't know where to begin getting mental health, substance use or emotional help for yourself or someone you know—start here. We provide confidential and immediate support, 24/7/365. If you are in crisis or need help dealing with one, call this toll-free number 1-844-493-TALK (8255) or text TALK to 38255 to speak to a trained professional. View our FAQs, or scroll down to learn about our walk-in crisis services and additional resources.

Mental Health Colorado	
Languages Spoken	English
Type of Payment Accepted	Cost Free
Location	Link: http://www.mhacolorado.org/
Description	MHAC is one of Colorado's leading advocates for the prevention, early intervention, and effective treatment of mental health and substance use disorders. They seek to make Colorado a national leader in mental health by promoting universal screening and diagnosis, expanding access to affordable services, and eradicating stigma and discrimination.
Mental Health Services Provided	Pro Bono Counseling Program. Check Your Head is a school-based program that uses creative writing, arts, music, and dance – among other tools – to help students recognize and communicate their mental health needs, enhance their self-confidence, and manage conflict. Mental Health Colorado staff facilitate Mental Health First Aid training, often referred to as “CPR for the Mind.”



LinkingCare.org	
Languages Spoken	English
Type of Payment Accepted	Cost Free
Location	Link: http://www.linkingcare.org/
Description	Understanding how behavioral health can affect an individual's overall health, the Colorado Office of Behavioral Health created LinkingCare.org to encourage whole person care by quickly connecting healthcare providers and individuals to behavioral health services. Developed initially to supply an accessible statewide referral source requested by healthcare providers when implementing SBIRT, LinkingCare.org now includes evidence-based substance use screening tools, information on the effects of substance use on health, and resources and links on substance use issues, news and research
Mental Health Services Provided	Offers an online source for connecting to healthcare providers

Self-Help Behavioral Health Resources

ManTherapy.org	
Languages Spoken	English
Type of Payment Accepted	Cost Free
Location	Link: http://mantherapy.org/
Description	Man Therapy is an interactive mental health campaign targeting working age men (25-54) that employs humor to cut through stigma and tackle issues like depression, divorce and anxiety. The campaign features the fictional Dr. Rich Mahogany, described by Adam Newman in the New York Times as "an affable, mustachioed, middle-aged man whose personality might be described as Dr. Phil meets Ron Burgundy, Will Ferrell's fictional anchorman."
Mental Health Services Provided	Crisis Hotline at 1-800-273-TALK Online counseling and chat services.

Mental Health America	
Languages Spoken	English
Type of Payment Accepted	Cost Free
Location	Link: http://www.mentalhealthamerica.net/
Description	Mental Health America (MHA) – founded in 1909 – is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans.
Mental Health Services Provided	The website provides lots of resources from tips on living well, to finding mental health treatment resources and ways to find help, as well as information on mental health.

Substance Abuse and Mental Health Services Administration	
Languages Spoken	English
Type of Payment Accepted	Cost Free
Location	Link: http://www.samhsa.gov/
Description	The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

Substance Abuse and Mental Health Services Administration

Mental Health Services Provided	SAMHSA's website has many resources on finding help and treatment.
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National Alliance on Mental Illness

Languages Spoken	English
Type of Payment Accepted	Cost Free
Location	Link: https://www.nami.org/
Description	NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
Mental Health Services Provided	NAMI can help you find support services in your area, including support groups and mental health organizations.

Crisis Hotlines

Organization	Contact	Description
Colorado Crisis Center	1-844-493-TALK (8255)	If you don't know where to begin finding help for a mental health, substance use or emotional issues, call Colorado Crisis Services. We provide free, confidential and immediate professional help to anyone who needs it. We also provide information, referrals, connections to further support and solutions. 24/7/365 Statewide Immediate Crisis Intervention
The Center for Mental Health	970-252-6220 Text: 741741	The Center has a dedicated emergency services team available to respond to emergency calls in all six counties, 24-hours a day, 7-days a week. Crisis intervention, suicide/homicide risk assessment, emergency mental health and alcohol commitments, and debriefings are among the services provided. Emergency services are available at no cost.
San Miguel Resource Center	Telluride: (970) 728-5660 Norwood: (970) 327-0566 Nucla/Naturita: (970) 864-2275	The San Miguel Resource Center seeks to eliminate domestic violence and sexual assault in our community through intervention services, prevention education, and social change. Their client service programs include: 24-hour Crisis Hotline, Personal & Legal Advocacy, Emergency Shelter & Safe-Housing, Support Groups, Resources & Referrals, and Art Therapy.
Veterans Crisis Line	Call: 1-800-273-8255 and press 1 Text: 838255 Confidential Veterans Chat: https://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans%20Chat Deaf or hard of hearing: 1-800-799-4889	The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.
National Suicide Prevention Lifeline	1-800-273-8255	We can all help prevent suicide. The Lifeline provides 24/7, free, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

School-Based Mental Health Services

Telluride School District R-1	Professional	Contact
K-5 School Counselor	Dr. Tara M. Gray	970-369-8901 tgray@telluride.k12.co.us
6-8 School Counselor	Jessica Gennari	970-369-7154 Jgennari@telluride.k12.co.us
9-12 School Counselor	Sharon Kinsinger	970-369-1217 skinsinger@telluride.k12.co.us
College Counselor	Karen Lavender	970-728-4377 klavender@telluride.k12.co.us
School Psychologist	Jacob Price	970-369-7155 jprice@telluride.k12.co.us
Tele therapy Therapist	Deborah Stoddard, MSW, LCSW	Contact your school counselor directly to set up an appointment.

Norwood School District	Professional	Contact
District School Counselor	Rick Williams	970-327-4336 ext. 121 Rick.williams@norwoodk12.org
Tele therapy Therapist	Deborah Stoddard, MSW, LCSW	Contact your school counselor directly to set up an appointment.

West End School District RE-2	Professional	Contact
Nucla High School Academic Counselor	Kelly Arnold	karnold@weps.k12.co.us

Ridgway School District R-2	Professional	Contact
Elementary School Counselor	David Canaday	dcanaday@ridgway.k12.co.us
Secondary School Counselor	Valene Baskfield	vbaskfield@ridgway.k12.co.us

Ouray School District R-1	Professional	Contact
Counselor and School Psychologist	David Canaday	970-325-4505 ext. 6032 dcanaday@ouray.k12.co.us