



Youth with mental health issues face a crippling reality. Estimates from national studies indicate that the rate for mental health disorders among juvenile offenders may be as high as 60 percent, of which an estimated 20 percent are severe (Cocozza, 1992). In Colorado, the reality is no different.



# CrossRoads

A program of



**Jefferson Center**  
for mental health

### Address:

Brady Exploration School  
5220 W. Ohio Avenue  
Lakewood, CO 80226

Juvenile Assessment Center (JAC)  
Remington Building  
11011 W. 6th Avenue  
Lakewood, CO 80215  
720-497-7760

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A program of



**Jefferson Center**  
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*providing mental health and  
substance abuse support to at-risk  
youth and their families*

**720-497-7786**



## **CrossRoads... a new approach**

Jefferson Center for Mental Health's CrossRoads program is an exciting new opportunity to provide mental health and substance abuse programming to underserved at-risk youth. The program serves youth ages 10-18 years old who live in Jefferson, Gilpin or Clear Creek counties.

CrossRoads is designed for youth with mental health needs who may also have an accompanying substance abuse issue. It provides youth and their families with professional support and structure in a safe and welcoming setting with easy access to services.

# *Building Hope Changing Lives Strengthening Community*

## **Services**

- Individual, group and family therapy (home-based by MST, FFT)
- Case management
- Groups: Substance Abuse, Aggression Replacement Training, Process Groups, and Social/Life Skill Psychoeducational Group
- Medication evaluations available

CrossRoads services are designed to address mental health and substance abuse issues and to help youth:

- establish healthy relationships with peers and family,
- develop positive social interactions
- develop the social/life skills they need to transition into adulthood
- explore possibilities for personal growth, identify and work towards achieving personal goals

The program runs Monday through Friday. Located at the ROAD Youth Drop-in Center. Youth also have access to a variety of ROAD services such as life skills groups, resume writing, job search resources and GED tutoring.

Special programming for these youth includes individual and group therapy. Family therapy is offered at a time and place convenient for the family.

## **Who Do We Serve?**

Youth who are

- at risk of out of home placement
- who are at risk, including youth with truancy problems, substance abuse problems and/or who have a mental illness
- on Probation or Diversion
- involved in municipal courts
- referrals from Jefferson County Juvenile Assessment Center (JCJAC)
- involved with Jefferson County Division of Children, Youth and Families