

We envision a community in which there is no stigma, no lack of resources and no barriers to mental health care, where recovery from mental illnesses is not only possible but highly probable, and individuals with mental health problems live a satisfying, hopeful, and contributing life.

Speaker's Bureau Offers FREE Topics to the Community!

- Keys to positive mental health
- What you need to know about depression
- Stress Busters
- Dealing with challenging children
- Primer on mental health and teens
- Mental Wellness and Aging
- Mind and Body—psychological factors in physical health

... and more!

Our way of saying “Thanks” to our community for 50 years of involvement and support.

To request a speaker call: (303) 425-0300

TO ACCESS SERVICES

New clients may access Jefferson Center's services through a central number:

- (303) 425-0300 24-hour number
- (800) 201-5264 Toll free
- (303) 432-5540 TDD hearing impaired

Jefferson Center for Mental Health How to Find Us

- Access and Emergency, 9485 W. Colfax Ave, Lakewood 80215
- Administration, 4851 Independence St, Wheat Ridge 80033
- Cedar Office, 9808 W. Cedar Ave, Lakewood 80226
- Clear Creek Community Service Center, 1531 Colorado Blvd., Idaho Springs, 80452
- CrossRoads, 5220 W. Ohio Avenue, Lakewood, CO 80226*
- Evergreen Office, 28577 Buffalo Park Rd, #100 Evergreen 80439
- Families Together, 9485 W. Colfax Ave, Lakewood 80215
- Gilpin Mental Health Services, 2960 Dory Hill Road, # 100 Black Hawk 80403
- Independence Corner, 9595 W. 49th Ave., Wheat Ridge, CO 80033
- Independence Outpatient, 4851 Independence St., Wheat Ridge 80033
- JERP (John Eachon Re-Entry Program), 1651 Kendall St, Lakewood 80214
- Juvenile Assessment Center, 11011 W. 6th Avenue, Suite 120, Lakewood, CO 80215 *
- MCPN Metro Community Provider Network, 8500 W Colfax, Lakewood 80215*
- Mount View Youth Services, 7862 W. Mansfield Parkway, Denver 80215*
- North Wadsworth Office, 7878 Wadsworth Blvd., Suite 100, Arvada, CO 80003
- Residential Facilities: 5 throughout Gilpin, Clear Creek and Jefferson Counties
- The ROAD, 5220 W. Ohio Avenue, Lakewood, CO 80226*
- School-based Health Centers: 16 schools including 3 school-based health centers throughout the three-county area *
- Senior Services, 7878 Wadsworth Blvd., Suite 100, Arvada, CO 80003 *
- Sobesky Academy Day Treatment, 2001 Hoyt St, Lakewood 80215
- Sobesky Academy Elementary Day Treatment, 11025 W Glennon Dr, Lakewood 80226
- South Office, 9200 W. Cross Drive, # 421, Littleton 80123
- Summit Center, 3810 Pierce St, Wheat Ridge, 80033
- Tri-County Workforce, Laramie Building, 3500 Illinois Street, Golden, CO 80401
- TurnAbout, 7862 W. Mansfield Parkway, Denver 80215 *
- Wellness now!, 4045 Wadsworth Blvd, #80, Wheat Ridge 80033
- W. Colfax Office, 9485 W. Colfax Ave, Lakewood 80215

* Collaborative Service Locations



Jefferson Center
for mental health

70 Executive Center, 4851 Independence Street
Wheat Ridge, CO 80033-6715
24-hour number (303) 425-0300
Toll free 1 (800) 201-5264
TDD 303-432-5540 (Hearing Impaired)
www.jcmh.org



Jefferson Center
for mental health

Programs & Services

*Building Hope
Changing Lives
Strengthening Community*



Hope, Recovery and Resilience

Individuals, Families, Communities

Since 1958 we have helped almost a quarter of a million people, promoting a better quality of life and a healthy community.

FAMILY SERVICES

A comprehensive array of services to meet the needs of children and their families, including:

- Case Management Services
- Family Advocacy
- Early Intervention Services
- School-Based Services
- Respite Care
- Day Treatment
- Parenting Programs and Classes
- Family, Individual and Group Treatment
- The ROAD Youth Drop-in Center
- Suicide Prevention
- CrossRoads
- Juvenile Justice Programs
- Dialectical Behavioral Therapy (DBT) for Adolescents
- MST (Multi-systemic Therapy)
- FFT (Functional Family Therapy)
- Families Together

ADULT SERVICES

Individual, group and family services that support client strengths and independence and encourage family involvement include:

- Peer Specialist Support
- Consumer-Run Services
- Case Management/Home-Based Services
- Individual, Group & Family Therapy
- Evidence Based Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Co-Occurring Treatment (substance abuse/mental illness)
- Medication Evaluation and Monitoring

Jefferson Center's programs and services are designed to foster recovery and resilience for individuals of all ages who have mental health problems. As a private non-profit we serve more than 6,000 people each year in Jefferson, Gilpin and Clear Creek counties.

SENIOR SERVICES

Programs designed to meet the needs of the "60 and better" community.

- Outpatient - Individual, Group, and Family Therapy
- Senior Focus - Medicare and Private Insurance Program
- Senior Reach - Community based services
- Nursing home outreach, evaluation, screening
- Peer-to-Peer Senior Support
- Community Education
- Wellness Programs
- Coordinated programming with other organizations

SUMMIT CENTER/VOCATIONAL ASSISTANCE

Working collaboratively with Jefferson Center staff, consumers with mental illness receive assistance in attaining full or part-time employment. At Summit Center, Jefferson Center's Clubhouse Program, building and developing relationship, social and employment skills are vital.

Services include:

- Peer Specialist Support
- Job readiness including interviewing, resume writing, career exploration and job coaching
- Transitional Employment
- Supported & Independent Employment programs

INTENSIVE

An array of programs and supports designed to meet the needs of adults with serious and persistent mental illness. Services support recovery, wellness and independent living and range from 24-hour intensive residential services to peer-led support groups.

Intensive Services include:

- Peer Specialists
- Case Management
- Evidence Based Programs (IDDT, DBT, IMR)
- Criminal Justice Programs/Services
- Hospital Alternative Programs
- Housing and Residential
- Individual and Group Therapy
- Community Bridges Volunteer Partnership

WELLNESS SERVICES

A new array of services provides alternatives to support and enhance traditional mental health services at the Center and promote recovery and improved quality of life.

Brief Therapy Services, Assessments, Individual Coaching and free Group Classes (community members \$10) which range from traditional mental health areas such as "Self-Hypnosis for Anxiety," "Are You Stressed" and "Taming the Anxious Mind"; to mind-body interactions that can improve mental and physical health functioning, e.g. "Morning Meditation", " Sleep Better to Live Better", "Eat Well Live Well", "Focus on Flexibility"; to classes directly promoting recovery, e.g. "Stepping Up", "Creating the Change You Want", and "Finding Meaning."

For a complete listing of all our services, call us or visit our website at www.jcmh.org