



NEWS FOR IMMEDIATE RELEASE:
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Want To Make A Difference In The Life Of Another Senior? *Senior Peer Counseling at Jefferson Center Helps Isolated Seniors*

WHEAT RIDGE – Do you want to make a difference in the life of another senior? Become a Jefferson Center Senior Peer Counselor! By visiting with a senior in his or her home, senior center or other location, a Senior Peer Counselor provides empathetic, caring support to senior adults 60 years and older who might otherwise remain isolated. Counselors also help connect seniors to other community services when it is needed. This program is as rewarding for the volunteer as it is for the recipient. Training starts soon!

**Senior Peer Counseling Training Begins
Tuesday, February 9, 2010
10 am -12 pm**

The training program is 2-hours per week for 8 weeks. Once trained, counselors meet every other week with seniors in their homes, at a senior center, or other convenient location. No formal, professional education is required, but applicants must be warm, caring, able to listen to others, and open to learning skills that will enhance their abilities. Ongoing weekly supervision by a licensed psychotherapist is also provided for your support.

Applicants must be 55 years old or older, and able to provide their own transportation. A one-year commitment to the program is required, as is a background check.

Please contact Mary Jo Starmer at 303-432-5124 for more information.

About Jefferson Center for Mental Health

Celebrating its 52nd year, Jefferson Center for Mental Health helps to bring hope for a brighter future to thousands of community members who struggle with mental health challenges. As the community's nonprofit mental health center serving Jefferson, Gilpin and Clear Creek counties, Jefferson Center serves people throughout its three-county area with over 350 staff at over 20 locations, and also works in schools, nursing homes, senior centers and other community settings. Center staff has expertise in numerous areas including children and family issues, adults with serious mental illness, suicide prevention, early intervention, juvenile justice, and trauma treatment. Jefferson Center offers a full continuum of specialized behavioral health services for every age, including wellness services and community classes. The Center is a critical part of the health care safety net, providing treatment in FY 2008-2009 to 7,205 clients, as well as education and prevention services to thousands more. Jefferson Center targets those most in need: last year, 85% of clients served had incomes below \$10,000, and 72% had serious mental illness or other disabilities. For more information about Jefferson Center, visit www.jcmh.org.