

## Our mission:

To inspire hope, improve lives and strengthen our community by providing mental health and related solutions for individuals and families.

## Our values:

People First • Empathy with excellence • Collaborate to make life better  
Community minded • Anticipate and evolve • Dignity for all

Jefferson Center is a nonprofit, community-focused mental health care and substance use services provider. We offer hope and support to individuals and families who are struggling with mental health issues and substance use disorders. *Serving our community is at the core of everything we do.*

Serving Jefferson, Gilpin and Clear Creek Counties for **60 years**, Jefferson Center is an integral part of the communities it serves, understands the needs of communities and has an extensive network of community partnerships and collaborations. Jefferson Center has a variety of programs for people of all ages, from all walks of life.

*“In the mental health world, people are so beaten down— it’s so nice to see positivity and friendly people who walk the walk.”*

- **Making access to care easily available and customer focused is a top priority** at Jefferson Center and we believe in serving clients at the point of care where the client is most comfortable. We provide services at multiple clinical offices and in many community settings such nursing homes, community centers and foster homes.
- **Jefferson Center has School-based counselors in 41 elementary, middle and high schools throughout our community.** Bringing school-based services right into the schools is clearly the most effective way to reach the greatest number of students and families. In the schools, we can provide a safe place that reduces stigma and give students the help they need, as clinicians are right there on-site.
- **Jefferson Center is co-located in 30 primary care and pediatric medical offices.** Research indicates that better integration of behavioral health and physical healthcare increases access to care and results in better health outcomes while reducing overall healthcare cost.
- **Our 700 employees are the BEST.** Jefferson Center is proud to be a Denver Post **Top Workplace Six years in a row!**

*“Jefferson Center is a very compassionate organization. I promise you, that you will get your needs met through their excellent team of caring providers, and if they cannot help you, they will definitely make sure you get the support you need.”*



# Programs and Services

Jefferson Center offers an array of mental health, substance use and wellness services for all clients based upon individual needs. While the majority of services are listed here, additional information can be found on our website [www.jcmh.org](http://www.jcmh.org).

**ACCESS & EMERGENCY SERVICES** The main point of contact for new clients and clients in need of emergency services. Providing:

- First-time appointments on the same-day/next day or scheduled at client's convenience
- Emergency mental health and substance use services 7 days a week, 24 hours a day

**FAMILY SERVICES** Comprehensive services to meet the needs of children and their families, including:

- Early Intervention Services
- School-based Services
- Parenting Programs and Classes
- Family, Individual and Group Therapy
- The ROAD Youth Drop-in Center
- Dialectical Behavioral Therapy (DBT) for Adolescents
- Suicide Prevention
- Juvenile Justice Programs
- Families Together, Family Solutions home-based treatment, FFT (Family Functional Therapy)

32,000



Last year, Jefferson Center provided treatment and education to more than 32,000 people struggling with some of life's toughest issues.

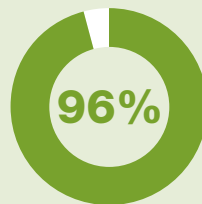
## ADULT SERVICES

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

- Peer Specialist Support
- Individual, Group and Family Therapy
- Evidence Based Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Medication Evaluation, IDDT, and Monitoring

**Adult Intensive Services:** Designed to meet the needs of adults with serious and persistent mental illness, support recovery and independent living. Intensive Services range from 24-hour residential services to peer-led support groups also offering:

- Criminal Justice Programs/Services
- Hospital Alternative Programs
- Housing and Residential
- Case Management



**96% of clients** would recommend Jefferson Center to a family member or friend. — Fall 2017 Point in Time Survey

**SENIOR SERVICES** Programs designed to meet the needs of those age 60 and older.

- Outpatient – Individual, Group and Family Therapy
- Senior Reach – Community-based Services
- Nursing Home Outreach, Evaluation, Screening
- Peer-to-Peer Senior Support
- Wellness Programs

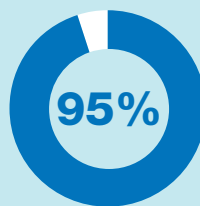
**VOCATIONAL SERVICES** Assistance in attaining full or part-time employment, and developing relationship, social and employment skills.

- Peer Specialist and Social Support
- Job Readiness – including interviewing, resume writing, career exploration and job coaching

**WELLNESS SERVICES** An array of classes, activities, and coaching, teaches clients how to play a more active role in their overall health by making positive lifestyle changes. Services include:

- Health Screenings and Exercise Programs
- Individualized Coaching
- Brief Therapy Sessions
- Free Group Classes – promoting health and well-being

**NAVIGATION SERVICES** Designed to guide clients in accessing mental health services and links clients to resources at Jefferson Center and in the community.



**Consumers consistently rated 95% agreement in the past year:**

- Overall, I am satisfied with today's visit
- I feel welcome at Jefferson Center
- Staff were respectful of and responsive to me culture, language, beliefs, and my unique identity

*"In many ways, the Jefferson Center is what other mental healthcare organizations aspire to be but don't have the courage to be."* – Community Agency