At Jefferson Center, we offer hope and support to individuals and families who are struggling with mental health and substance use disorders. Serving our community will always be the core of everything we do.

To Access Services

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

24-hour number
303-425-0300

Toll free
800-201-5264

TTY hearing impaired
303-432-5540
**Jefferson Center’s programs and services foster recovery and resilience in children, adults and families struggling with mental health conditions and substance use disorders.**

*As the community’s non-profit mental health center, we are proud to serve more than 30,000 people each year.*

<table>
<thead>
<tr>
<th>Telehealth</th>
<th>In-person</th>
<th>Community-based</th>
<th>In-home</th>
<th>Kiosks</th>
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**ADULT SERVICES**

Individual, group and family services designed to support client strengths and independence, and encourage family involvement, including:

- Peer specialist support services, provided by those who have personal experience with the mental health system
- Individual, group and family therapy
- Evidence-based programs
- Co-occurring treatment for substance use and mental illness
- Medication evaluation and monitoring

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**FAMILY SERVICES**

A range of services and treatment options, both in-home and office-based, to meet the individual needs of children, youth and their families, such as:

- Parenting classes and family advocacy
- Early intervention and school-based services
- Family, individual and group treatment
- Programs for at-risk youth and those with a substance abuse issue and/or involved in juvenile justice systems
- Suicide prevention
- Evidence-based program – Families Together and Dialectical Behavioral Therapy (DBT) for Adolescents

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**ACUTE CARE EMERGENCY SERVICES**

Crisis support for any mental health and substance use crisis. Walk-in Crisis Center, Mobile Crisis team, video and phone support.

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**SENIOR SERVICES**

A variety of services designed to meet the needs of older adults, including:

- Community-based services for vulnerable older adults who may need emotional or physical support
- Help with Medicare and private insurance applications
- Outpatient individual, group and family therapy
- Senior peer counseling
- Nursing home outreach, evaluation and screening

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**NAVIGATION SERVICES**

A resource to help clients’ access mental health services and resources at Jefferson Center and in the community, including:

- Assessing eligibility and applying for public benefits
- Connecting to Jefferson Center programs and services
- Making referrals to community resources

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**WELLNESS SERVICES**

A variety of classes, activities and coaching to teach clients how to play a more active role in their overall health by making positive lifestyle changes, including:

- Health screenings and exercise programs
- Individualized coaching
- Brief therapy sessions
- Free group classes that promote health and well-being.

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**SUBSTANCE USE SERVICES**

A range of substance use disorder treatment services to adults, youths, and families to treat those with substance use disorders as well as those with co-occurring mental health and substance use disorders, including:

- Withdrawal Management (Detox)
- Medication Assisted Therapy (MAT)

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**CRISIS SERVICES**

As a partner in the statewide crisis network called Colorado Crisis Services, we offer:

- Crisis hotline access
- Walk-in crisis centers
- Mobile crisis services throughout the state

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**SPECIALIZED PROGRAMS**

We provide a variety of programs to address the unique needs of each client. Our programs provide confidential counseling and community-based support services to help people live, work and thrive in their own communities, with services such as:

- Criminal Justice Mental Health Programs
- Housing and Residential Services
- Employment Related Services
- Vocational Services
- Veterans Services
- Suicide Prevention
- Bilingual, community-based services at Centro Dones de Nuestra Comunidad

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303-425-0300 | www.jcmh.org