

MENTAL HEALTH CENTER OF DENVER

MAIN NUMBER: 303.504.6500

TO ACCESS SERVICES: 303.504.1250

CHILD & FAMILY SERVICES

University Hills: 4141 E. Dickenson Pl. 303.504.6670 f)303.757.8281

West Denver: 1405 N. Federal Blvd 303.504.1500 f)303.825.1711

El Centro: 75 Meade Street 303.504.1900 f)303.935.0294

Grove: 1440A Grove Street 303.504.1500 f)303.825.1711

New Day Resource Center: 3101 W 14th Ave. 303.504.1500 f)303.825.1711

HIKE Project: 2100 Stout Street 303.974.2923 f)303.974.2961

Director: Lydia Prado, Ph.D. (303) 504-6647

Director: Bill Milnor (303) 504-6598

Associate Administrative Director: Lynn Garst, M.Ed. (303) 504-6560

Associate Clinical Director: Dawn Wilson-Davenport, Ph.D. (303) 504-1513

Associate Medical Director: Yvette Buxton, MD

Executive Assistant: Lisa Jameson, BS (303) 504-6725

Child & Family Outpatient Services including Early Childhood Outpatient Services and Deaf Counseling Services

Offered at two centers and in the community

Child & Family Outpatient Manager: **Camille Harding, LPC, RPS (303) 504-1515**

El Centro de las Familias, Spanish Child, Family and Adult Outpatient Services

Located at 75 Meade St.

El Centro Outpatient Manager: **Russ Urrutia, LCSW (303) 504-1918**

Intensive In-Home Services

Based at 1440A Grove St. and in the community

Home Based Manager: **Scott Nebel, PsyD. (303) 504-1513**

Right Start Infant Mental Health

Based at 1440A Grove St. and in the community

Early Childhood Manager: **Shannon Bekman, Ph.D. (303) 504-1553**

Intensive Day Treatment Program

Located at the University Hills Child & Family Center

Day Treatment Manager: **Trisha Goetz, LCSW, CACIII (303) 504-6540**

HIKE

Offered at Urban Peak "The Spot"

Hike Project Manager: **Eric Meyer, Ph.D., LPC, CACIII, (303) 974-2960**

School Based Services

Based at the University Hills Child and Family Center and in Denver Public Schools

School Based Manager: **Davis Schiele, Ph.D. (303) 504-6548**

HB 1116 Services:

Parents requesting HB 1116 evaluation for placement of a child in a Residential Treatment Center should be referred to

Camille Harding, LPC, RPS (303) 504-1515

CHILD & FAMILY SERVICES

Director: Lydia Prado

Gang Reduction Initiative of Denver – Trauma Treatment Grant (GRID-TTP)

Based at the University Hills Child and Family Center and in Denver Public Schools and community-based settings

Beth Tamborski, LPC (303) 504-6608

Generally considered INELIGIBLE FOR SERVICES:

a) Children with primary developmental disorder or mental retardation who are unlikely to benefit from the outpatient mental health services we offer AND

b) Children referred for "medication-only" or "evaluation-only".

Evaluation-Only or Psychological Testing

In most circumstances, we provide mental health and psychological assessments solely to assist in the mental health treatment of our own clients. In most cases, we do not accept referrals for evaluation only, psychological or educational testing or court-ordered evaluations. We do have a number of psychologists working in our department and will entertain the idea of developing contracts for evaluations. We have recently had agreements with Denver Juvenile Court to provide psychological testing and with Denver Department of Human Services to do specific court-ordered evaluations. We are also open to contracting with other organizations interested in developing similar agreements. Please refer interested parties to the Director of Child & Family Services, **Lydia Prado**.

Child & Family Outpatient Services (Team 446)
(Outpatient, Early Childhood, Infant Mental Health and Deaf Counseling Services)

Offered at both Child & Family Centers and in the community
Program Manager: **Camille Harding**, LPC, RPT-S (303) 504-1515

West Denver C & F Center Outpatient Services Staff

1405 N. Federal Blvd., Denver, CO. 80204
Phone: (303) 504-1500 Fax: (303) 825-1711
Program Manager: **Camille Harding**, LPC, RPT-S (303) 504-1515
Assistant Manager: **Lenya Robinson**, MA, LPC (303) 504-1566
Office Manager: **Alexdiana Cruz** (303) 504-1521
Administrative Assistant: **Marcie Buel** (303) 504-1510

Office-Based Outpatient Clinicians:

Tammie Ellis, LCSW Donna Mahnen, LCSW Tiffani Rathbun, M.A., CAC II, NCC Andy Gabor, MA
Kate Quirin, MSW Matt Disbrow, LCSW, CACIII

Infant Mental Health Specialist:

Kym Spring Thompson, Psy.D

Clinic Psychiatrists:

Yvette Buxton, MD (also at University Hills)
Casey Helmkamp, MD

Prescriptive Authority Nurses:

Karen Breunig-Hine RN, CNS
Katie Knotts, RN, CNS

Clinic Nurse:

Brittney Bunnell, RN

University Hills C & F Outpatient Services Staff

4141 E. Dickenson Place, Denver, CO 80222
Phone: (303) 504-6670 Fax: (303) 757-8281
Program Manager: **Camille Harding**, LPC, RPT-S (303) 504-1515
Assistant Manager: **Lenya Robinson**, MA, LPC (303) 504-1566
Office Manager: **Alexdiana Cruz** (303) 504-1521
Administrative Assistant: **Erica Turnbow**, BA (303) 504-6670

Office-Based Outpatient Clinicians:

Tammie Ellis, LCSW
Andy Gabor, MA
Matt Disbrow, LCSW, CACIII

Prescriptive Authority Nurses:

Katie Knotts, RN, CNS

Available Outpatient Services at Dickenson and Federal

- ◆ Family therapy, individual therapy, parent-child dyadic therapy and group therapy for children infant to age 18 and their families utilizing: CBT, Supportive Therapy, Brief Strategic Family Therapy, Play Therapy, Trauma Focused CBT
- ◆ Psychiatric Evaluation and medical follow-up
- ◆ Parenting interventions and classes
- ◆ Case management and care coordination
- ◆ Voz y Corazón Suicide Prevention Group

Referral Method: Parents and guardians need to call and schedule an intake appointment through the MHCD Access Center. Clients, clinicians and our Program Manager collaborate to develop the best treatment plan for each client.

Deaf Counseling Services for Children, Adolescents, Families and Adults

Clinicians:

Mary Sterritt, LCSW
Lena Dunning, MSW

Interpreter:

Maria Ruiz-Williams

The program:

In response to a critical need in the community, MHCD established a counseling team to provide outpatient mental health care for deaf and hard of hearing children, adolescents, adults and their families, residing in the Denver Metro area. Services are also provided to hearing children with Deaf or hard of hearing parents. The cultural traditions and beliefs of the deaf and hard of hearing communities are integrated into this program. The staff is knowledgeable regarding the unique developmental and educational experiences of deaf and hard of hearing individuals and skilled in a range of communication modalities utilized by the Deaf and hard of hearing.

Available Services:

- ◆ Intake and assessment
- ◆ Individual and family therapy
- ◆ Trauma treatment
- ◆ Crisis intervention
- ◆ Psychiatric evaluation/medication follow-up
- ◆ Case management
- ◆ Coordination of care with schools and other providers
- ◆ Psycho-education and supportive groups by special arrangement
- ◆ Community outreach
- ◆ Consultation and education

This counseling staff is fully fluent in ASL (American Sign Language) and Signed English

Communication aids include: email, TTY/TTD, and Colorado Relay

Referrals accepted from other counties and cities. We accept Medicaid and many private insurance plans.

Referral Method for Deaf Services: Contact the MHCD Access Center at 303-504-1250 or AccessCenter@MHCD.org

TTY 303-322-6190

HIKE (Team 732)

Offered at Urban Peak and "The Spot"

2100 Stout Street, Denver, CO 80205

Phone: (303) 974-2960 Fax: (303) 974-2961

Program Manager: **Eric Meyer**, Ph.D., LPC, CACIII (303) 974-2923

Executive Assistant: **Lisa Jameson**, BS (303) 504-6725

Office-Based Clinicians:

Nicholas Citriglia, MA, CACIII

Erin Flanagan, MA

Urban Peak Clinician:

Diane Reichmuth, PsyD

Case Manager:

Doug Fredeen, BS

Clinic Psychiatrist:

Kristin Riley-Lazo, MD

The Program

HIKE is a collaboration of agencies providing services to the Denver youth of color, which include African American and Latino youth between the ages of 16 and 24 who are at the highest risk for contracting HIV and who also have mental health and/or substance abuse issues. The Mental Health Center of Denver, Urban Peak, The Council on Substance Abuse and Mental Health, and The Children's Hospital work together to reduce high-risk behaviors and improve quality of life for these homeless youth and their families.

How HIKE Works

- The Mental Health Center of Denver provides individual and group therapy, HIV rapid testing, psychiatric and medication evaluations, vocational counseling, and case management including a food and clothing bank.
- Urban Peak provides outreach, shelter, drop-in services, education, housing, and other resources to homeless youth and young adults in downtown Denver.
- The Council on Substance Abuse & Mental Health provides outreach, mental health and substance abuse treatment, rapid HIV testing, and group counseling.
- The Children's Hospital provides the CHIP (Children's Hospital Immunodeficiency Program) Youth Project serving youth ages 13-24 and pregnant women who are at high risk for HIV, HIV positive, or living with AIDS.

El Centro de las Familias – Spanish Child, Family and Adult Outpatient Services
(Team 720)

75 Meade St., Denver, CO 80219
Phone: (303) 504-1900 Fax: (303) 935-0294
Program Manager: **Russ Urrutia, LCSW** (303) 504-1918
Office Manager: **Susana Zarata** x1922
Administrative Assistant: **Juan Rocha** x1910

The Program

El Centro de las Familias is a multi-cultural clinic which provides culturally competent outpatient mental health care in Spanish to the Latino/Hispanic community and to the South West community in Denver.

Recovery Philosophy

With an emphasis on Spanish speaking and bilingual consumers, the El Centro staff focuses on actively engaging consumers to use the strengths of their culture, values, and existing resources for optimum recovery. Latino traditions, customs, and values are examined and integrated into the treatment process.

Program Goals

El Centro strives to provide culturally competent, Spanish/bilingual recovery-oriented services to children, adults and families by focusing on individual strengths and natural community resources.

Program Components

The El Centro team of clinicians, social workers, case managers, nurses and psychiatrists provide appropriate, integrated services which concentrates on recovery as well as cultural understanding and respect. Services include:

Bilingual Spanish speaking assessment and evaluation
Individual psychotherapy
Family therapy
Play therapy
Case management
Psychiatry
Medication evaluations/medication management
Groups:

Illness Manager Recovery
Solutions for Wellness

(All services are provided in Spanish)

Additional services offered free to the community include:

Free parenting class
Voz y Corazón Suicide Prevention Group
ESL Classes

Office-Based Clinicians:

Amanda Daniel, LPC
Charlie Velasquez, M. DIV
Mercedez Lang, MFT

Child Psychiatrists:

Dan Savin, MD
Casey Helmkamp, MD

Adult Psychiatrists:

Megan McNamee, MD
Kristin Riley-Lazo, MD

Psychiatric Nurse:

Cindy Miller, RN

CHILD & FAMILY SERVICES

Director: Lydia Prado

Intensive In-Home Family Therapy Services (Team 447)

1440A Grove St. Denver, CO 80204

Program Manager: **Scott Nebel**, PsyD. (303) 504-1525

Office Manager: **Alexdiana Cruz** (303) 504-1521

Lead Administrative Assistant: **Marcie Buel** (303) 504-1510

Fax: (303) 623-1807

Intensive In-Home Family Therapy Clinicians:

Pat Glowacki, MA, LPC

Stephen vonMerz, LCSW

Kevin Dougherty, MSW

Ashley Ann-Thornton, MA

Case Managers:

Michelle Tijerina, BA

Warren Wilson, BA

Community Based Clinicians:

Gilliam Youth Service Center: Jill Ferretti, MAFP

Intensive In-Home Family Therapy Services

These services are available in both English and Spanish. Intensive In-Home Family Therapy Services are community-based services designed to serve children and youth with serious emotional disturbance or serious disruptive or delinquent behavior who are at risk of out-of-home placement, juvenile detention, or hospitalization. The program also serves children and youth who are transitioning from a higher level of care (i.e. hospitalization) back into the community. Services offered include individual, family, couple, play, and group therapy; as well as parenting skills training, crisis management support, intensive case management, care coordination, and access to outpatient medication management. The treatment model involves approximately 3-10 hours per week of direct contact with the child/youth, family, and system supports across a period of 6 months or less. Moreover, the treatment approach emphasizes cultural competency along with an integrative therapeutic approach that incorporates systems, behavioral, cognitive-behavioral, psycho-education, and trauma-specific interventions among other evidence based practices to best meet the needs of a particular family.

Intensive Case Management Services

These services are available in both English and Spanish. These case management services are provided as a component of Intensive In-Home Family Therapy Services and are also accessible by individuals already receiving services from other MHCD Child & Family teams on a referral basis. Case managers provide community-based services designed to provide advocacy and support to children, youth, and their families while empowering them to navigate community systems in order to access needed resources/services.

Referral Method for Home Based Services: Service providers can contact Scott Nebel directly via phone or by faxing a home-based referral form to the office. Parents need to contact MHCD Access to schedule an intake. A team of clinicians and program managers will help determine the appropriate level of services needed by the individual and his or her family.

A New Day Resource Center

3101 W. 14th Ave. Denver, CO 80204

(303) 504-1575

Program Manager: **Scott Nebel**, PsyD. (303) 504-1525

Site Manager: **Bertha Gomez**, BA (303)-504-1575

Development Team:

Michelle Tijerina, BA

Warren Wilson, BA

Resource Center Overview

Services at the resource center are available in both English and Spanish. A New Day is a family-focused and culturally competent resource center with a vision of helping children and their families bridge the gap in meeting their basic needs while working towards self-empowerment and healthy life choices. The resource center currently offers basic resources (consisting of hygiene provisions, clothing, toys, general household items, and furniture). Access to the resource center is currently limited to MHCD consumers who have been referred by their MHCD clinician and have attended an orientation to the facility. Other services offered at the resource center

Basic Resources

Tuesdays

10am-1pm

Food Bank

Wednesdays

10am-3pm

Donations to the Center

Tuesdays

1pm-4pm

Right Start for Infant Mental Health

University Hills Child & Family Center
4141 E. Dickenson Place, Denver, CO 80222

West Denver Child & Family Center
1405 N. Federal Blvd, Denver CO 80203
&
Grove
1440A Grove St, Denver, CO 80203

Program Manager: **Shannon Bekman**, Ph.D. (303)-504-1553

Executive Assistant: **Lisa Jameson**, BS (303) 504-6725

Clinicians:

Shannon Bekman, PhD

Lori Jackson, MA

Kym Thompson, PsyD

Case manager:

Karla Ezre Deters, BA

Team Psychiatrist:

Yvette Buxton, MD

Available Services:

Right Start provides mental health services to pregnant women as well as children ages birth to three and their families whose circumstances put them at risk for social or mental health problems. We work with children and families experiencing poverty, involvement with the foster care system, parental mental illness, parental substance abuse and other family disruptions. Right Start offers comprehensive, family focused interventions that include:

- Infant-parent psychotherapy
- Child-parent psychotherapy
- Individual child therapy
- Parent-child groups
- Case management (for families receiving Right Start mental health services)
- Psychiatric evaluation and treatment

What is our goal?

The goal of Right Start is to promote the positive relationship between parents and their infants and young children. Services are provided in family homes or our offices and can help parents in their relationship with their babies. The clinician provides weekly home visits or more frequent visits if the family is in crisis. Our relationship-based infant mental health services address the needs of the infant, the mental health needs of the mother and the "fit" between the two.

The population served by Right Start will focus on families with multiple risks that may include:

- Adolescent parents
- Low-income, single parents
- Parents with mental illness, developmental disability or substance abuse
- First born infants
- Low birth weight infants
- Infants in foster care with a history of abuse or neglect

To make a referral call Dr. Shannon Bekman at 303-504-1553

CHILD & FAMILY SERVICES

Director: Lydia Prado

School Based Services Program (Team 401)

University Hills Child and Family Center
4141 E. Dickenson Pl., Denver, CO 80222
Phone: (303) 504-6500 Fax: (303) 757-8281
Program Manager: **Davis Schiele**, Ph.D. (303) 504-6548
Assistant Program Manager: **Leslie Sterling**, LCSW (303) 504-6772
Administrative Assistant: **Erica Turnbow**, BA (303) 504-6659

MHCD's School Based Services clinicians provide effective, individualized, strength based and culturally respectful mental health treatment services to students within Denver Public Schools. Clinicians collaborate with parents, guardians, school personnel and community organizations.

MHCD's School Based Services Program consists of clinicians that are located in Denver Public Schools with student populations that experience high rates of poverty and community violence and also have disparities in supportive services and health care.

Clinicians:

Ashley Lofties, LPC	Cole Arts and Science Academy, Smith Elementary
Rachel Lund, LCSW	Trevista K-8
Shukri Muwwakkil, MSW	Smiley Middle School
Jessica Paul, LPC	Fairmont K-8, Ford Elementary
Danielle Lewis, MA	Valdez Elementary, Greenlee Elementary

MHCD also participates in the School Based Health Center collaborative program with the Denver Public School District and the Denver Health and Hospital Authority. There are 13 school based health centers open in DPS schools which provide free medical and mental health services to the student populations. MHCD has 7 full time mental health clinicians placed in school based health centers.

Clinicians:

Chris Almy, MSW	Montbello High School
Amandy Doryland, LPC	JFK High School
Julie Ferguson, LCSW	South High School
Emily Garcia, MSW	Noel Middle School
Deanna Hanson, LPC	Lincoln High School
Lisa Rife, LCSW	North High School
Leslie Sterling, LCSW	Manual High School
Michelle Weldon, LPC	MLK Early College

Team Psychiatrist: Yvette Buxton, MD

Prescriptive Authority Nurse: Katie Knotts, RXN, CNS

Available Services: Clinical services include individual, family and group therapy; psycho- education; case management and advocacy with other agencies and providers; referrals for: psychological testing, psychiatric medication evaluation, and higher intensity treatment services. We also offer Voz y Corazon Suicide Prevention Program groups at some of the schools.

Referral Method: Children and adolescents may be referred through MHCD Access (303) 504-1250. They may also be referred by school personnel, parents, guardians, friends and other service providers. Each school that has an MHCD clinician will have a referral form available and a DPS staff member identified to help with the referral process.

CHILD & FAMILY SERVICES

Director: Lydia Prado

Intensive Day Treatment Program (Team 422)

University Hills Child and Family Center
4141 E. Dickenson Place, Denver, CO 80222
Phone: (303) 504-6540 Fax: (303) 757-8281
Program Manager: **Trisha Goetz**, LCSW, CAC III (303) 504-6540
Administrative Records Coordinator: **Becky Manning**, BA (303) 504-6668
Administrative Assistant: **Erica Turnbow**, BA (303) 504-6670

Services

An intensive, full day program providing school and clinical services to elementary and middle school students in a therapeutic milieu setting. Educational services are provided by fully certified professional teachers and the program is designed to help students develop the behavioral and social skills that they need to successfully transition back into a public school setting.

Clinician:

Lesley Moran, LPC

Special Education Coordinator:

Special Education Teachers:

Peter Grimson, MA
Jessica Ward, LCSW

Milieu Staff:

Hylar Cozart, BA
Beth Thomason, MA

Team Psychiatrist:

Yvette Buxton, MD

Prescriptive Authority Nurse:

Katie Knotts, RN, CNS

Services Provided- Clinical services are provided within the therapeutic milieu and include:

- Milieu Therapy
- Group Therapy
- Individual and Family Therapy
- Case Management/ Care coordination
- Medication evaluation and management

Referral Method: Referrals are made directly through ABC and Denver Public Schools and require **specific authorization for this high intensity service.**

Gang Reduction Initiative of Denver – Trauma Treatment Grant (Team 444)

University Hills Child and Family Center
4141 E. Dickenson Place, Denver, CO 80222
Phone: (303) 504-6540 Fax: (303) 757-8281
Program Manager: **Beth Tamborski**, LPC (303) 504-6608
Administrative Assistant: **Becky Manning**, BA (303) 504-6668

Services

GRID-TTP provides trauma treatment services to gang-involved and at-risk youth ages 12 -17 in targeted Denver Public Schools and community-based settings. We work with youth that have been identified by Denver Public Schools, Probation, Department of Human Services, and other community-based organizations as having experienced severe trauma and are either gang-involved or at-risk for gang involvement. Treatment is provided in a group therapy setting in school or community-based sites.

Clinicians

Ashley Lofties, LCSW	Cole Arts and Sciences Academy
Deanna Hansen, LPC	Lincoln High School
Shukri Muwwakkil, MSW	Smiley Middle School
Ken Crawford, MSW	Selected community-based sites
Beth Tamborski, LPC	Selected community-based sites

Services Provided

Cognitive Behavioral Intervention for Trauma in Schools (CBITS) - a group therapy evidence based treatment for middle school-aged youth

Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS) a group therapy evidence-based treatment for high school-aged youth

Referral Method

Youth will be referred directly into the program either through the school to the school-based clinician or through the Project Manager, Beth Tamborski at 303-504-6608.

CHILD & FAMILY SERVICES
Director: Lydia Prado

Revised: 12/15/10