

SUMMIT COUNTY MENTAL HEALTH RESOURCES

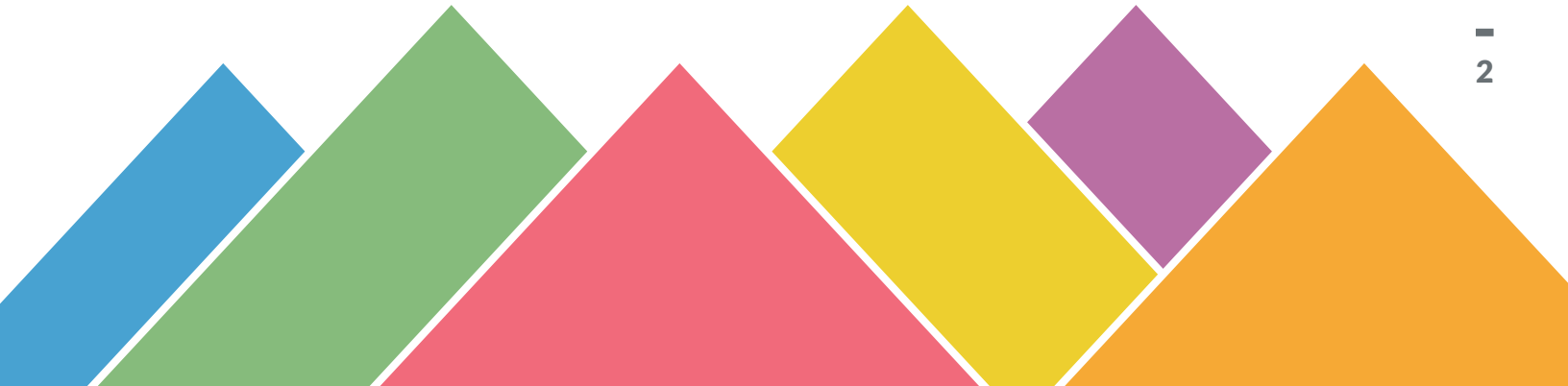


COMPILED BY
BUILDINGHOPE
SUMMIT COUNTY
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CRISIS RESOURCES

SMART Team

System-wide Mental Assessment Response Team

The Summit County Sheriff's Office has established the System-wide Mental Assessment Response Team (S.M.A.R.T.) program. The goal of the program is to de-escalate situations that have historically resulted in arrest or hospitalization and to assess whether the person should be referred for local treatment services or a higher level of care.

Each team in the program consists of a law enforcement officer and a behavioral health specialist who co-respond to mental health related police calls. They then collaborate with the third member of the team, the case manager, who provides critical follow-up for the client, connecting them with the most appropriate community resources. The program delivers a continuum of care from crisis response through stabilization, with the ultimate goal of safe return to the community.

The SMART program is designed to address the unique mental health needs of the community. It provides a wide variety of specialized skills, services, and response capabilities reflecting the intersection of Summit County's diverse community and its relationship to mental health. By addressing these needs, S.M.A.R.T. is able to make the community a safer place.

GET HELP NOW

S.M.A.R.T. will respond to emergency and nonemergency crisis calls.

Call 911 in an emergency

**Summit County non-emergency dispatch:
970-668-8600**

Bilingual services available

CRISIS RESOURCES

Paragon Behavioral Health Connections

Paragon Behavioral Health Connections provides in-person, mobile crisis response services and aftercare programs to individuals in Summit County.

Individuals requiring a mobile crisis response may be experiencing a behavioral health crisis or complex mental health or substance use issue needing immediate, in-person response to resolve the situation. Each team in the Mobile Crisis program consists of a behavioral health clinician, and a case manager or peer. The goal of a Mobile Crisis Response is to support and stabilize the individual, refer to aftercare programs, and ongoing care as needed.

After stabilizing the initial crisis, individuals needing step down care after a mobile crisis response, hospitalization, emergency room utilization or out-of-home placement or other high urgent need can engage in Paragon's "Stabilize and Thrive" program. Stabilize and Thrive program consists of 10-12 sessions of clinical interventions such as Cognitive Behavioral Therapy for Suicide Prevention and Dialectical Behavioral Therapy.

Paragon's Mobile Crisis Response & Stabilize and Thrive Programs are available regardless of one's ability to pay.

GET HELP NOW

Available 24/7

Call **720-610-2670** for Mobile Crisis Response

Call **720-281-9049** for general inquiries

Bilingual services available

CRISIS RESOURCES

ARISE

CRISIS LINE FOR INTIMATE PARTNER (DOMESTIC) VIOLENCE & SEXUAL ASSAULT

ARISE staffs a 24/7 crisis line for survivors of intimate partner (domestic) violence, and sexual assault. Survivors can call if they need immediate support. If you are in immediate danger, try to find a safe place and call 911, or get someone to call for you. If you are safe and in need of support, call the ARISE crisis line at (970) 668-3906.

GET HELP NOW

Available 24/7

Call **970-668-3906** for the ARISE Crisis Hotline

Call **911** if you are in immediate danger

ARISE office phone: **970-668-3906**

CRISIS RESOURCES

Colorado Crisis Services

Colorado Crisis Services provides free, confidential and immediate support from trained professionals and peer specialists, available 24/7/365 by calling 844-493-TALK (8255), or texting TALK to 38255. Colorado residents can also seek services in-person at our walk-in centers (see some locations below), regardless of ability to pay. If you don't know where to begin getting help with a mental health, substance use or emotional concern—for you, or for someone you know—start here.

Crisis looks and feels different for everyone – so if you find yourself in need of someone to talk to, we are here for you. Common topics people reach out about include depression, grief and loss, self-injury, suicidal thoughts, bullying, stress, parenting concerns, trauma, drug and alcohol use, relationship problems, family crisis, anxiety, domestic violence, being unhoused, disability, concerns for a friend or family member, recovery support, and resource questions.

GET HELP NOW

Available 24/7

Text “TALK” to 38255

Call 1-844-493-TALK (8255)

Bilingual services available

WALK-IN CRISIS CENTERS

AURORA

Anschutz Medical Campus
2206 Victor St.
Aurora, 80045

DENVER

4353 E. Colfax Ave.
Denver, 80220

LITTLETON

6509 S. Sante Fe Dr.
Littleton, 80120

WHEAT RIDGE

4643 Wadsworth Blvd.
Wheat Ridge, 80033

CRISIS RESOURCES

9-8-8 Lifeline

At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.

Using the 988 Lifeline is free. When you call, text, or chat the 988 Lifeline, your conversation is confidential. The 988 Lifeline provides you judgment-free care.



GET HELP NOW

Available 24/7

Call 9-8-8

Bilingual services available

FIND A THERAPIST

Building Hope Summit County

*701 Granite Street, Suite 270
Frisco, CO*

Building Hope Summit County is a community-wide initiative designed to create a more coordinated, effective and responsive mental health system that promotes emotional health, reduces stigma and improves access to care and support for everyone in Summit County. Building Hope provides mental health navigation, meaning we assist community members in learning about available resources and treatment options, and help connect them to what they need.

Many times, one of the biggest barriers to accessing mental health care is cost. At Building Hope, we believe that cost should never keep someone from receiving the mental health care they need. So, Building Hope offers a scholarship program for Summit County locals who are living and/or working in Summit County, but not able to pay for therapy. Individuals, families or couples can receive short-term, one-time funding to access therapy through an easy-to-use system.

While we don't ask Building Hope Scholarship recipients to submit any financial information, we do ask that all recipients give a verbal confirmation that they are not able to pay for therapy on their own and that paying for therapy would present a significant financial challenge. This program is meant for those that either live or work in Summit County and are experiencing financial hardship that prevents them from being able to afford mental health care.

We are required to check whether clients have any other way to pay for therapy (insurance, Medicaid, EAP, sliding scales or eligible for financial assistance) before issuing a Building Hope Scholarship. Once staff have explored all other payment options with the client it is determined that there are still barriers to accessing care, a Building Hope Scholarship will be issued.

GET HELP NOW

Call **970-485-6271**

Apply for a Mental Health Scholarship
at MountainStrong.org

FIND A THERAPIST

Mile High Behavioral Healthcare

*360 Peak One Drive
Breckenridge, CO 80424*

Mile High Behavioral Healthcare (MHBHC) has empowered individuals to shape healthy, viable, complete lives. MHBHC provides seamless, accessible care and services for a successful, sustainable recovery. MHBHC includes case management and peer-to-peer support by trained peer specialists. Clients also have access to the full range of programs offered through MHBHC's continuum of care.

WHO WE HELP

- Women, men, LGBTQ+ individuals, single-parent families, men and women living with HIV, transgender and gender-expansive individuals, and youth
- Those with mental health and substance use issues and co-occurring disorders
- Individuals with trauma, relationship issues, gay men's wellness issues, those experiencing homelessness, and youth struggling to find their way
- Transgender and gender-expansive individuals
- Individuals on probation, parole, diversion, or need to complete other court-mandated treatment including DUI treatment and education
- Individuals returning to the community from incarceration

HOW WE HELP

- Referrals, self-referrals, or court-ordered referrals. Telehealth is available for all programs.
- Individual, family, and group counseling, case management, relapse prevention, and recovery services; risk-reduction, healthy relationship training, life skills coaching, DUI education, and therapy
- Assessment, referral, case management, and treatment; substance use and mental health recovery support; and re-entry services for individuals returning from incarceration with substance use issues
- Peer support specialists for relapse prevention
- Program aftercare for recovery support
- High-Fidelity WrapAround Services for youth and families involved in more than one system

INTEGRATED CARE SERVICES

- Medication Assisted Treatment
- Primary care and psychiatric for clients
- Recovery support
- Court-to-community support
- Adolescent behavioral health

GET HELP NOW

Call **970-485-6676**

email SummitReferrals@mhbhc.org

FIND A THERAPIST

Vail Health Behavioral Health

*323 W Main St #101
Frisco, CO 80443*

Vail Health Behavioral Health (VHBH) provides behavioral health services for those most in need of care, ensuring access to superior behavioral health services for everyone in Summit County.

Vail Health Behavioral Health provides Outpatient Therapy through local licensed providers in Frisco, Colorado. Outpatient Therapy is a psychotherapy service for individuals seeking support for mental health concerns who do not require round-the-clock support or safety monitoring. Many different types of outpatient therapy exist, so clients are encouraged to a therapist who meets their individual needs and preferences. Outpatient therapy can also be conducted via telehealth as needed.

OTHER SERVICES:

Behavioral Health Case Management
Prevention & Education
Crisis Support
Peer Support Groups
Psychiatry
Medication Management
Medication-Assisted Treatment (MAT)
Transcranial Magnetic Stimulation (TMS)

GET HELP NOW

Call **970-445-2489** for an appointment

Bilingual Services Available

FIND A THERAPIST

Summit Community Care Clinic

*360 Peak One Drive Suite #100
Frisco, CO 80443*

As a Federally Qualified Health Center (FQHC), the Summit Community Care Clinic is a safety net care provider that offers a full range of integrated medical, dental and behavioral health services in Summit, Lake and Park Counties. Summit Community Care Clinic (SCCC) is committed to providing accessible healthcare for everyone in Summit, Lake, and Park counties. They offer primary care, oral care, and behavioral health services in person or virtually (through telehealth). They accept Medicaid, Medicare, and private insurance, and also offer an income-based sliding fee scale for uninsured patients. Importantly, SCCC does not deny service to anyone due to inability to pay.

Our licensed behavioral health team consists of professional counselors, clinical social workers, and addiction counselors who work with patients to enhance their social, emotional and behavioral well-being. Our counselors also work closely with medical providers to ensure treatment of the whole person.

We strive to empower patients to make healthy life choices and learn skills to cope with medical conditions, big changes, and difficult life issues. All therapists are trained in evidence-based treatment modalities to address areas like trauma, severe emotional dysregulation, sleep issues, and several other common psychosocial disorders.

All behavioral health services provided through the Care Clinic are confidential. Behavioral health services might be short term, solution-focused services for immediate needs, or may require longer-term engagement for more severe and long-standing issues. Questions about treatment and duration can be addressed to your provider at the time of service.

GET HELP NOW

Call **970-668-4040**
to make an appointment

Call Mountain Cares Pharmacy
for prescription questions
970-486-3110

Bilingual Services Available

CASE MANAGEMENT

Vail Health Behavioral Health

Case managers generally contact clients for the first time through a phone call to introduce themselves and set up an appointment to meet in person. The goals of the first interview include reviewing and completing required documents and assessments. The case manager and client will establish goals and objectives that will guide their work together. The needs and goals of the client will determine how often and for how long case management services are provided.

Case managers meet individually with clients to create engagement and build trust and rapport. During these meetings, case managers identify concerns and barriers that patients are experiencing, identify resources to overcome these barriers, connect people with the available resources and services that best meet their needs and coordinate these services.

HOW WE CAN HELP

Connect with therapists

Access drug and alcohol treatment

Understand treatment options

Connect with an insurance navigator

Explore financial assistance options including:

Referrals to therapists through private insurance

Community resources the patient may qualify for through other community partner programs

Connect to short- or long-term care

Find additional financial alternatives to assist with medical expenses, housing assistance, food assistance, and emergency funding to help with immediate needs

GET HELP NOW

Call **970-445-2489**
for an appointment

Bilingual Services Available

CASE MANAGEMENT

Mile High Behavioral Healthcare

We offer FREE case management services to support you in overcoming life's challenges. Our short-term, intensive program focuses on helping you achieve your goals. We'll work together to:

- **Understand your needs:** We meet you where you are at and listen carefully to your goals.
- **Provide support:** We offer guidance and assistance to help you navigate various life situations.
- **Connect you with resources:** We help you find the services and support you need.
- **Create a plan:** We work with you to develop a step-by-step plan to reach your goals.
- **Walk alongside you:** We'll be there to support and encourage you every step of the way.

Whether you're facing challenges with healthcare, housing, employment, or personal relationships, our case manager can help.

Let us empower you to create positive change in your life.

HOW WE CAN HELP

Assisting with medical appointments and paperwork

Advocating on your behalf

Helping with job applications and searches

Providing information and resources

GET HELP NOW

Call **970-485-6676**

email SummitReferrals@mhbhc.org

MEDICATION/PSYCHIATRY MANAGEMENT

Summit Community Care Clinic

The Summit Community Care Clinic has primary care physicians as well as a psychiatric mental health nurse practitioner that is able to assess, diagnose, and prescribe medications to help treat mental health conditions.



GET HELP NOW

Call **970-668-4040**
to make an appointment

Call **Mountain Cares Pharmacy**
for prescription questions
970-486-3110

Vail Health Behavioral Health

Psychiatry is the branch of medicine focused on the diagnosis, treatment and prevention of mental, emotional and behavioral disorders. People seek psychiatric help for many reasons. The problems can be sudden and short-term, such as a panic attack, frightening hallucinations, thoughts of suicide, or hearing “voices.” Or they may be more long-term, such as feelings of sadness, hopelessness, or anxiousness that never seem to lift or problems functioning, causing everyday life to feel distorted or out of control. Psychiatrists often prescribe medications in combination with psychotherapy.



GET HELP NOW

Call **970-445-2489**
to schedule an appointment

SUBSTANCE USE RESOURCES

WITHDRAWAL MANAGEMENT

Recovery Resources

*360 Peak One Drive,
Frisco, CO 80443*

Recovery Resources in Frisco offers withdrawal management services to any adult looking to recover from substance use. They provide a safe and compassionate space where individuals can receive support throughout the entire withdrawal process. Their facility offers 24-hour care including medication monitoring, treatment planning, and various clinical interventions. Their services are fully covered by Colorado Medicaid and a sliding fee scale is available for individuals without Medicaid.

GET HELP NOW

Call **970-368-6502**

SUBSTANCE USE RESOURCES

HARM REDUCTION

Mile High Behavioral Healthcare

Bee the Vibe is a program of Mile High Behavioral Healthcare promoting and offering safer solutions to sexual health, wellness, harm reduction, and case management.

Bee the Vibe offers Colorado residents FREE educational sessions, and fun events, as well as safe and sober spaces, so you can truly be yourself and BEE the vibe. We also offer FREE case management, drug-checking options, sexual health testing options and peer-led prevention groups to help you live a better lifestyle and just keep vibing.



GET HELP NOW

Call **970-485-6676**

email SummitReferrals@mhbhc.org

SUBSTANCE USE RESOURCES

HARM REDUCTION

Summit County Public Health

Summit County Public Health is a Naloxone distribution site. Any member of the public may pick up Naloxone, at no charge, at Public Health during business hours (see below). Summit County Public Health also distributes Fentanyl Test Strips. Summit County Overdose Prevention and Education Task Force, also known as SCOPE, is a community coalition that works in the realm of substance use prevention and harm reduction. The task force functions include participating in awareness events, developing community strategies for Naloxone distribution and training, providing feedback on initiatives, educating the public, and more.

Our community has four locations where you can drop off expired or unused medications safely and anonymously in a secure collection box. Proper disposal of medications helps prevent substance abuse, drug addiction and water pollution.

SUMMIT COUNTY SHERIFF'S OFFICE

501 N. Park Ave., Breckenridge

970-453-2232

Hours: 24 hours/day, 7 days/week (regular business hours preferred)

DILLON POLICE DEPARTMENT

275 Lake Dillon Dr., Dillon

970-468-6078

Hours: 8am-5pm, Monday-Friday

PRESCRIPTION ALTERNATIVES PHARMACY

610 Main St., Frisco

970-668-8482

Hours: 10am-6pm, Monday-Friday

SUMMIT COMMUNITY CARE CLINIC

360 Peak One Drive Suite #100, Suite # 325 POB 4337, Frisco

970-668-4040

Hours: Monday, Tuesday Thursday 8am-6:30pm, Wednesday 9am-6:30pm, Friday 8am-5pm, Saturday 8am-2pm

GET HELP NOW

Call **970-668-9161**

360 Peak One Drive #230

Hours: Monday through Friday 8am-5pm

SUBSTANCE USE RESOURCES

HARM REDUCTION

High Rockies Harm Reduction

High Rockies Harm Reduction in Colorado works to reduce drug overdose deaths and the spread of infectious diseases by providing naloxone and other supplies, prevention education, peer support, and warm hand-offs to other services. This program currently provides direct services in rural Eagle, Garfield, Lake, Pitkin, and Summit counties and urban Mesa County and provides education and technical assistance statewide.

High Rockies Harm Reduction offers the following supplies and services:

- Fentanyl test strips
- First aid and wound care supplies
- Naloxone
- Overdose prevention education
- Peer support
- Referrals and warm hand-offs to healthcare and social services
- Syringe service program
- Clients can schedule appointments or delivery to receive naloxone or test strips. The service schedule and mail-based request form are available online.
- High Rockies Harm Reduction also offers a virtual Narcan training every month and by appointment.

GET HELP NOW

970-618 4194

SUBSTANCE USE RESOURCES

MEDICATION ASSISTED TREATMENT (MAT)

Porch Light Health - Front Range Clinic

*360 Peak One Drive
Frisco, CO*

Porch Light Health - Front Range Clinic empowers individuals in recovery with effective addiction treatment to help them live a happy, functional life. Porch Light Health is a low-barrier, high-access treatment center that provides comprehensive care without judgment. They utilize Medications for Addiction Treatment (MAT) including Buprenorphine (Suboxone) and Vivitrol (Naltrexone) to manage withdrawal symptoms and cravings. Additionally, they recognize the mental health aspects of addiction and offer psychiatric services to address co-occurring conditions like anxiety, depression, PTSD, and more. Importantly, Porch Light Health accepts all insurance providers including Medicaid, Medicare, and Blue Cross Blue Shield.

GET HELP NOW

Call **866-628-7828** for an appointment

Denver Recovery Group

*1705 Airport Road Building A Unit 2A
Breckenridge, CO*

Our mission is to provide effective, evidence-based treatment for opioid addiction in a compassionate, non-judgmental environment. We strive to empower our patients to achieve lasting recovery through personalized medication-assisted treatment and comprehensive support services that address the physical, psychological, and social aspects of addiction. We are committed to promoting health equity and reducing stigma by ensuring that our services are accessible, affordable, and culturally responsive to the diverse needs of our community.

Services include: Methadone Maintenance, Primary Care, Guest Dosing, Methadone Tapers, Discharge Planning, and Case Management

GET HELP NOW

Call 24/7 After Hours Phone
720-616-0049

SUBSTANCE USE RESOURCES

MEDICATION ASSISTED TREATMENT (MAT)

Summit Community Care Clinic

*360 Peak One Drive Suite #100
Frisco, CO 80443*

If you or someone you love is struggling with opioid use, we offer a comprehensive integrated program to address the behavior and medical components of this problem. Call the Care Clinic to learn more and get involved. In addition, we are able to prescribe medications that address substance use and tobacco/nicotine use.

GET HELP NOW

970-668-4040

Vail Health Behavioral Health

*439 Edwards Access Rd., b204
Edwards, Co 81632*

Some Vail Health Behavioral Health providers use Medication Management to treat behavioral and mental health issues as well as Medication-Assisted Treatment (MAT) for substance withdrawal or chronic pain management in addition to psychotherapy.

GET HELP NOW

Our providers can see patients in-person at the Wieggers Mental Health Clinic or remotely via telehealth.

Monday – Friday
8am - 5pm, by appointment

Schedule an appointment: **970-445-2489**

OTHER COMMUNITY RESOURCES

FIRC - Family Intercultural Resource Center

*251 W 4th Street
Silverthorne, CO 80498*

FIRC offers programs to address food security, mental and physical health, financial stability, and social connection.

- **Food Security:** FIRC operates Free Community Food Markets where residents can access up to \$200 worth of groceries weekly. They offer assistance with WIC and SNAP applications.
- **Peer Support:** FIRC provides peer support groups for Latinos and Latinas. ALMA connects Latinas with compañeras (mentors) for group sessions on stress management, self-care, and goal setting. ACCIÓN offers a safe space for Latino men to discuss challenges and manage emotions.
- **Community Health:** FIRC offers personalized guidance on health insurance selection, medical bill navigation, and finding discounted care options. They also advocate for clients with complex medical situations.
- **Financial Empowerment:** FIRC's Financial Empowerment program helps clients set goals, manage finances, and access resources like housing scholarships, financial planning, and utility assistance. They also provide financial education and support for families.

GET HELP NOW

970-262-3888

Food Assistance: foodmarket@summitfirc.org

OTHER COMMUNITY RESOURCES

ARISE (formerly known as Summit Advocates)

ARISE provides survivor-defined, trauma-informed services which enhance safety and justice for victims of domestic violence, sexual assault, and trauma, while promoting peace in our community.

ARISE is open to all. Regardless of race, ethnicity, national origin, color, immigration status, sexual orientation, sex, gender identity or gender expression, marital status, religion, veterans status, disability, genetic information or any other status protected through ordinance or law.

In the effort to reduce violence in our community we provide outreach and education in our local schools and businesses and to the general public about our services as well as the dynamics typically present in violent relationships. We work closely with the criminal justice system to increase accountability for perpetrators, and to ensure that the rights of victims are respected.

Our services include victim advocacy, medical accompaniment, emergency housing, legal advocacy, transitional housing, matched savings programs, and financial assistance. All of our services are free of charge.

GET HELP NOW

24/7 Crisis Hotline: 970-668-3906

Mainline: 970-668-3906

email: info@summitadvocates.org

OTHER COMMUNITY RESOURCES

Building Hope Summit County

*701 Granite Street, Suite 270
Frisco, CO*

Building Hope fosters a supportive community through their engaging Community Connectedness Events. Designed to be fun and informative, these gatherings create a safe space for residents to have open conversations about mental health, learn valuable tools for emotional well-being, and discover the wealth of resources available locally (you can find upcoming events on their website: [Building Hope Events](#)). Building Hope extends this support to young people (ages 12-18) through the HYPE Youth Program, offering them free events, peer support, and activities that promote mental and emotional well-being.

Building Hope equips the community with valuable tools to address mental health concerns. Their comprehensive mental health training programs cover a range of topics, from general mental health education and resource navigation to suicide prevention strategies using programs like QPR (Question, Persuade, Refer). These trainings, geared towards both individuals and organizations, empower participants to identify signs of distress, provide support, and connect individuals with appropriate resources.



GET HELP NOW

970-485-6271

OTHER COMMUNITY RESOURCES

Summit Central

summitcentral.org

Summit Central is a Summit County, Colorado community resource platform. You can visit the website to learn more about other available resources, programs, and organizations in our community ranging from food resources, youth programs, health care, and family/household related supports.



GET HELP NOW

summitcentral.org