

# Connections

The Newsletter of the Connections Program

A Partnership between the Health District of Northern Larimer County and SummitStone Health Partners

## Connections Program Expansion: Child, Adolescent and Young Adult Connections

The Health District is part of a community partnership that received a pair of grants totaling nearly \$1 million to expand the range of behavioral health services available to children, adolescents and young adults in Larimer County.

The grants will fund specialized staffing at the Health District, SummitStone Health Partners and Poudre School District—all members of the Community Mental Health and Substance Abuse Partnership—who will work together to support local families struggling to find help for what could be mental illness or a substance use disorder.

"Parents looking for answers have told us that they didn't know where to start, and that they often got little support in a process that can be very lengthy as a child grows and changes," says Lin Wilder, director of the Healthy Mind Matters program at the Health District.

Parents sometimes are unsure if the behavioral issues their children are experiencing are just a "normal phase," or the result of a developmental issue, mental illness or substance use, Wilder says. The new funding will increase families' access to assessment services that can pinpoint potential problems and smooth a path toward appropriate treatment, and then help connect families with treatment providers. "The earlier you can identify a mental health or substance use disorder, the earlier you can intervene and the better the outcome," Wilder says.

The two grants will support a new coordinated effort called the Child, Adolescent and Young Adult Connections (CAYAC) Team, which will be headquartered at Connections, the mental health and substance use resource operated jointly in Fort Collins by the Health District and SummitStone Health Partners.

That team will include: a child/adolescent clinical psychologist; a child/adolescent psychiatrist; a school liaison from Poudre School District's mental health team; two care coordinators; mental health specialists; and a family support partner, an individual who has

"walked in the shoes" of families seeking help and can offer support and guidance based on experience.

Major funding for the CAYAC Team comes from The Denver Foundation and Colorado Department of Public Health and Environment, Children Youth and Families Branch. The latter grant was awarded as part of the State Innovation Model (SIM), which uses federal dollars to encourage innovative changes to Colorado's health-care system. Both grants are for three years. Funding is also being provided by the Health District and SummitStone Health Partners.



The CAYAC Team is expected to be fully staffed and able to offer complete services by mid fall. Anyone interested in the CAYAC Team can call Connections at (970) 221-5551.

Written by: Richard Cox, Health District of Northern Larimer County, Communications Director

### CAYAC in the community

Community provider involvement will be crucial in the CAYAC team's success. In addition to providing services to youth and their families, the team will also strive to serve the professionals who work with this population. Staying true to Connections' efforts, the CAYAC team will be a central source for information and provide training and networking opportunities for providers in the community who work with youth. By strengthening relationships and collaboration between providers, our families will be able to access the care and support they need.

Coming October 20th —A youth provider TNT focused on networking and accessing community resources. Taking place over the lunch hour. Look for more information to come!

Stay tuned for more on CAYAC services and meet the team in the next Connections newsletter!

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We encourage you to submit short articles (50-500 words) on therapeutic approaches, mental health topics, case studies, or therapeutic book/movie reviews, etc., & will publish them as space allows. We reserve the right to edit all submissions.

## Connections

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To view Connections Newsletter and the  
Professional Bulletin Board online:  
<http://connections.healthdistrict.org>

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Connections is published 6 times/year. The purpose of Connections is to offer information on current therapy groups and services in the community; provide updates on services available through the Connections Program; and offer a place where information on community happenings of interest to mental health and human services providers can be shared.

Submissions are welcome. E-mail them to Emily Leetham at [eleetham@healthdistrict.org](mailto:eleetham@healthdistrict.org) by the following deadlines:

**NEXT EDITION:** Nov/Dec 2016  
**Article Deadline:** Oct. 15, 2016

Submissions printed in Connections do not necessarily reflect the views of the Connections Program. Our editorial staff do not check the credentials of individuals wishing to submit groups or other listings. If you have concerns regarding credentials or other issues, please contact the group leader or author of the article directly. Thank you.

## Resources for the Professional

### Workshop: Play Therapy Interventions for the Sexually Abused Child

This workshop will help you identify symptoms and respond to specific play therapy behaviors associated with sexual abuse. The triangle of relationships between perpetrator, child and others impacted by the abuse are also expressed by victims in the play-room and need to be addressed in therapy. An integrated approach to intervention and play therapy specifically attuned to the sexually abused child will be presented in this workshop.



**When:** Saturday, September 24, 2016  
8:30 am – 4:15 pm

**Location:** 1355 S. Colorado Blvd., #120, Denver, CO 80222  
(Maria Droste Counseling Center)

**Cost:** \$130 (\$100 if registered by Sept. 17th)

**Facilitator:** Jane L. Johnson, LLC, LCSW, RPT-S

For online registration: [http://www.playtherapistsworkshop.com/workshops\\_2016\\_pti-sac.html](http://www.playtherapistsworkshop.com/workshops_2016_pti-sac.html)

For more information and brochure go to:  
<http://www.colorado-play-therapy-training.com/>.

You can also call Jane at (970) 481-6905  
or send email to [janej.7529@gmail.com](mailto:janej.7529@gmail.com).

### Group Supervision

This is an ongoing group providing supervision for people who need hours for licensure. Space is limited. This group meets once a month for two hours each time.

The cost is \$40.00 per hour. The location is in Old Town, Fort Collins. Facilitated by: Rachel Isenberg, LCSW, ACSW and Maggie Tibbitts, LCSW.

If you are interested in participating in this group, please call Maggie at (970) 988-4173.

### Office Space Available

Office space available in Loveland on Mondays, Fridays and Saturdays.

Rate is negotiable, depending on need.

For more information, contact Jenny Hedrick, LCSW, LAC at (970)213-0199.

**SPACE  
AVAILABLE**

## Job Openings

### Psychologist Job Opening

Stress Management Family Counseling Center has a partnership opening for a full-time psychologist. Stress Management FCC consists of six full-time psychologists and is the longest standing outpatient psychology group practice in Fort Collins, CO. Each psychologist is a solo practitioner, within a group setting. Private practice position includes administrative support: reception, scheduling, billing and collecting and office management. We have a high volume of referrals from medical offices and the community. This position is ideal for building or expanding your practice. Must be licensed in CO. Please send letter of interest and resume to:

Email address: [questions@stressmanagementfcc.com](mailto:questions@stressmanagementfcc.com)

Or send resume via <http://www.indeed.com/cmp/Stress-Management-Family-Counseling-Center/jobs/Psychologist-Private-Practice-Group-40a015d9352e0e03?q=psychologist>

**Required experience:** Post-License: 3 years

**Required license:** Licensed Psychologist – Colorado

To learn more about SMFCC, please view their website at

[www.stressmanagementfcc.com](http://www.stressmanagementfcc.com)

### SummitStone Connections Mental Health Specialist

The Mental Health Specialist will work day to day as a member of the Connections team (a partnership between SummitStone Health Partners and the Health District of Northern Larimer County). This person is often the first person a community member talks to when considering mental health help or when trying to determine whether someone in their family, such as a child or adolescent, may be at risk for or experiencing symptoms of a mental and/or substance use disorder. Clients may present in crisis or may need general mental health information; referral to providers and/or agencies meeting specific sets of criteria; in-depth care coordination; linkage to low-cost services; brief intervention; and/or help with decision making and overcoming obstacles to care. The Connections Program works with the full-range of clients, from those needing basic support and information to the chronically mentally ill, and with all ages.

To learn more or to apply, please click [https://www.e3applicants.com/THP/?utm\\_source=Website&utm\\_medium=Navigation\(Header/Footer\)&utm\\_campaign=E3JobsPortal](https://www.e3applicants.com/THP/?utm_source=Website&utm_medium=Navigation(Header/Footer)&utm_campaign=E3JobsPortal)

### Connections PRN Mental Health Specialist

The Mental Health Specialist is responsible for responding to needs presented by clients who contact the Connections program seeking mental health and/or substance use assistance

Connections is seeking to hire PRN's to fill in when short staffed. Filling in for staff involves screening walk-ins and phone calls, assessing for risk, and providing information and referrals to clients. Shifts are usually 4-6 hours long, between the hours of 8:00am-5:00pm.

Please visit <http://www.healthdistrict.org/jobs> to view the entire job description.

Please note that candidates working towards licensure will be considered.



**JOB  
OPENING**



## Job Openings cont.

### Program Nurse Needed For the Child, Adolescent and Young Adult Connections Team

Connections is seeking a part-time LPN who will serve as a member of the Children, Adolescents, and Young Adult Connections (CAYAC) multidisciplinary treatment team and acts as a liaison between family members, psychiatrists, and insurance companies to facilitate implementation of treatment plans.

Please visit <http://www.healthdistrict.org/jobs> to view the entire job description.

### UCHealth Behavioral Health Specialist

#### Behavioral Health Specialist- Mt. Crest-

Performs services involving the assessment, planning and implementation of substance abuse counseling and education services for admitted patients.

#### Requirements

- Bachelor's degree in a related field.

To view the full job description, please click on:

[https://www.healthcaresource.com/uhealth/index.cfm?fuseaction=search.jobDetails&template=dsp\\_job\\_details.cfm&cJobId=114182](https://www.healthcaresource.com/uhealth/index.cfm?fuseaction=search.jobDetails&template=dsp_job_details.cfm&cJobId=114182)



### UCHealth LPN Needed

#### LPN- Mountain Crest

As supervised and delegated by a registered nurse, provides direct patient care in accordance with applicable scope and standards of practice and with the policies, values, and mission of the organization.

#### Requirements

- Graduate of an accredited Practical or Vocational Nursing program.
- State licensure as a Practical Nurse (LPN) or Vocational Nurse (LVN).
- BLS through the American Heart Association or the American Red Cross CPR for the Professional Rescuer with card in-hand before start date. BLS or CPR card must be good through sixty days of hire. All life support certification cards must be issued by either the American Heart Association or the American Red Cross CPR for the Professional Rescuer. (American Red Cross for the Professional Rescuer is only good upon hire and all renewals will need to be through an American Heart Association sanctioned course.)

To view the full job description, please click on:

[https://www.healthcaresource.com/uhealth/index.cfm?fuseaction=search.jobDetails&template=dsp\\_job\\_details.cfm&cJobId=114184](https://www.healthcaresource.com/uhealth/index.cfm?fuseaction=search.jobDetails&template=dsp_job_details.cfm&cJobId=114184)

## Resources for the Community

### Synapse Counseling, LLC Groups and Programs

#### UNLEASH YOUR AUTHENTIC CONFIDENCE

Want to finally shed the “Imposter Syndrome”?  
Want to feel AUTHENTICALLY and POWERFULLY CONFIDENT?

Learn to love yourself fully, drop the ego, upgrade your mindset, become more resilient, more authentic, more confident, and increase your success, health and prosperity levels.

This is NOT at therapy group. This is an Online Group Coaching Program where you will have access to Training Modules, Coaching Calls and Implementation Sessions (done in partnership with Luminescent Life, LLC)

For more information, visit <http://tinyurl.com/supercharge-confidence>.

#### SKILLFUL LIVING—ADULT SKILLS GROUP

Improve your ability to deal with difficult situations, achieve mastery over your emotions, improve your relationship skills, become more confident and a skilled communicator. Learn fundamental life skills that can transform your life!

Group includes an educational component, a processing component and an accountability system.

Group meets on Mondays, 6:00-7:30pm

For more information or to register, please call  
(970)692-3222 or email [admin@synapsecounseling.com](mailto:admin@synapsecounseling.com).

#### CONQUER FOOD OVERWHELM

Overwhelmed with the nuts and bolts of changing your eating habits, grocery shopping, and meal preparation in your quest for greater health?

Get the support, skills and specialized training from a registered dietitian, a wellness coach and a counselor in a small group setting, in making health changes easily!

- Connect with others with similar struggles.
- Break things down step by step with support and collaboration.
- Implement the changes your dietitian suggests.
- Learn how to organize the changes into bite-sized steps.
- Get support in shopping for food.
- Step by step instructions on how to cook differently.

This group meets on Thursdays.

For more information or to register, please call  
(970)692-3222 or email [admin@synapsecounseling.com](mailto:admin@synapsecounseling.com).

## Resources for the Community cont.

### Mountain Crest Grand Re-Opening

Mountain Crest Behavioral Healthcare has been serving the community since 1989. Their service has not changed, but their building has! See their new look and learn about the services they provide.

Services Offered at Mountain Crest:

#### Adult and Adolescent Inpatient Treatment

- Daily Rounding with a Provider
- Licensed Care Coordinators Provide Discharge Planning
- New Outdoor Patios
- Individual, Family and Group Sessions Led by Therapists

#### Outpatient Clinic

- Early and Late Appointments

#### Intensive Outpatient Programs

- Addiction for Adult, Day and Evening Sessions
- Behavioral Adolescent, After School Transportation Provided As Needed
- Behavioral Adult, DBT Based

**Date:** September 15th

**Open house hours:** 1pm-4pm,

Tours starting at 2:30pm

Light appetizers served

4601 Corbett Drive  
Fort Collins, CO 80528  
[www.uchealth.org/mountaincrest](http://www.uchealth.org/mountaincrest)



### Youth Mental Health First Aid

MHFA is an 8-hour course that gives people the skills to recognize warning signs for mental health or substance use problems, and the tools to help someone who may be developing a mental health related problem or experiencing a mental health crisis.

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people, such as parents, family members, caregivers, teachers, school staff, coaches, peers, neighbors, health and human services workers, and other community providers. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, and disruptive behavior disorders (including AD/HD).

Upcoming classes (runs from 8:00am-5:00pm):

- Thursday, September 15th
- Wednesday, October 12th
- Monday, November 14th

If you are interested in attending this class, please contact Emily Leetham at (970)494-4370 or by email at [eleetham@healthdistrict.org](mailto:eleetham@healthdistrict.org).

## • c o n n e c t i o n s •

mental health & substance abuse resources

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If you wish to be removed from the *Connections* mailing list, your address is wrong, or you would like to receive the publication via email, contact Emily Leetham at [eleetham@healthdistrict.org](mailto:eleetham@healthdistrict.org) or call 970-494-4370.