

# Connections

The Newsletter of the Connections Program

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

## Finding Support: Al-Anon and Alateen

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The first time I ever heard about Al-Anon was when the psychiatrist treating the alcoholic in my life met me for the first time. We were introduced, and he pointed his finger in my face and said "You need to go to Al-Anon."

I was so angry—livid. How dare this man tell me what to do? How dare he force such a thing on me? Why did I need to go to Al-Anon? I didn't even drink alcohol.

The next day I spoke to our marriage counselor. I told her what the finger-pointing man had said. Her response was, "You don't have to go to Al-Anon if you don't want to." Later I realized that going to Al-Anon or not was my decision to make. The next day, I was at an Al-Anon meeting.

I thought I was going to a classroom, where I would be given textbooks and pop quizzes, and asked questions. Instead, I found a room full of people who had the same problem—an alcoholic in their lives. These kind people welcomed me, embraced me, and assured me I was in the right place. I had no idea there was an entire world full of people just like me. I was not alone anymore. Through Al-Anon meetings and literature, I have found ways to cope.

-Donald C., Texas

Al-Anon Family Groups is a community resource that provides support to anyone affected by a relative or friend's drinking. Currently, there are over 24,000 Al-Anon groups and nearly 1,500 Alateen groups meeting in 118 countries. The Fort Collins/Windsor area has numerous active Al-Anon groups with meetings every day of the week.

There is only one requirement for membership—that each member has been affected by someone else's drinking. Members meet to share their experiences and apply the Al-Anon program to their lives. Spouses, partners, adult children of alcoholics, parents and coworkers can all find help in Al-Anon. Al-Anon is non-

professional, self-supporting, spiritually based, none religious affiliated, and apolitical.

Alateen is part of Al-Anon Family Groups and is designed for teenagers who are affected by a relative or friend's misuse of or addiction to alcohol. Members conduct their own meetings with the guidance of adult Al-Anon members who are certified by their state or province to act as Alateen Group Sponsors.

Al-Anon/Alateen are anonymous fellowships, meaning who you see there, what is said at the meetings and in private conversations member-to-member are kept confidential, allowing a sense of trust and honesty to be developed. All members are equal, the focus being there are no professionals. Al-Anon/Alateen is a separate organization from Alcoholics Anonymous (A.A.), however, they are based on the Twelve Steps and Traditions that have been adapted from A.A.

People are referred to Al-Anon/Alateen Group meetings to learn the facts about addiction to alcohol and how it has impacted their own lives physically, emotionally, and spiritually. Having contact with others who have similar problems offer great benefits through the sharing of experience, strength and hope. The study and practice of Al-Anon's Twelve Steps and Traditions helps improve attitudes and behaviors. Members learn the 3 C's--they didn't cause it, they can't control it, and they can't cure the alcoholic. This can offer great relief from the burden of blame and shame related to the disease of alcoholism.

Open meetings, which may be attended by anyone interested in learning about the Al-Anon program, e.g., the public, professionals, and students. Closed meetings, which are for anyone whose life is or has been affected by someone else's drinking. (Note: Each Alateen meeting is limited to its teen members and adult Alateen Group Sponsor, unless the meeting is opened by the teens to the public or for observation by professionals or students.)



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We encourage you to submit short articles (50-600 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.

July-August 2019

## Connections

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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. The purpose of the newsletter is to offer information on community happenings of interest to mental health and human services providers and updates on services available through the Connections Program. Thank you.

## Al-Anon/Alateen cont.

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Al-Anon recovery podcasts are also available on Al-Anon's website. These podcasts offer professionals' as well as members' perspectives on family recovery and the benefits of Al-Anon Family Groups. Here's what one member of Al-Anon had to say about the podcast titled "Connections between families, the Association for Addiction Professionals and Al-Anon Family Groups:"

"As I listened to this interview, I thought about how great it would have been if the professionals I sought help from had referred me to Al-Anon. The doctor could only recommend antidepressants. A marriage counselor told me the term 'alcoholic' had bad connotations and that I needed to accept my husband's decision to continue drinking. A psychiatrist told me that my husband had deviant behavior. My father referred to my husband as a 'sociopath.'



"I'm glad I trusted my instincts to go to Al-Anon. I could really relate to the loneliness described in this interview. I thought it would never pass. The interview explains very clearly how important it is for family members to recover and for the family dynamics to change—not just to help the alcoholic to stay sober, but for the family members' wellbeing.

"I liked hearing how family members are empowered by Al-Anon and can pass it (recovery) forward to other members still struggling with a loved one's drinking, or even when the person attains sobriety.

"I felt encouraged by this interview, that more therapists and counselors are aware of the importance of family recovery and Al-Anon. I felt hope for future generations.

Many Al-Anon members continue to seek professional assistance in addition to regularly attending meetings. The link between Al-Anon and the professional community has always been one of interchange, cooperation, and support. A formal referral or appointment in advance is not needed to attend Al-Anon meetings. For meeting information, you or your client can visit our local website [www.al-anon-noco.org](http://www.al-anon-noco.org) or call our 24-hr phone at 970-225-2666.

## Positions Available

Connections is seeking to hire a PRN to fill in when short staffed. The PRN Behavioral Health Provider is responsible for responding to needs presented by clients who contact the Connections program seeking mental health and/or substance use assistance. This position is best suited for someone who has many years experience in the behavioral health field or has prior crisis work.

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 9:00am-5:00pm.

Please contact Kristen Cochran-Ward if you are interested at 970-530-2840 or by email at [kcochran@healthdistrict.org](mailto:kcochran@healthdistrict.org).



## Positions Available

Private practice therapist looking for an independent contractor to join his practice part time. This opportunity is for a male counselor (post graduate/pre licensure) with an adolescent clinical treatment focus. Supervision once per week will be provided

Please contact Shawn Shiraz, LPC for more information at [shawn@shirazcounseling.com](mailto:shawn@shirazcounseling.com). To learn more about the practice, visit [www.shirazcounseling.com](http://www.shirazcounseling.com).



LIV Health is looking for a Clinical Psychologist and a Licensed Clinical Social Worker to join their team.

The Clinical Psychologist will be located on the Fort Collins team. Salary: \$63,000-\$90,000.

The LCSW will be located on the Cheyenne Team. Salary: \$58,000-\$75,000.

Both positions will provide assessment and treatment of mental health issues. These treatments will be provided in private residences, assisted living facilities, skilled nursing facilities, rehabilitation facilities, acute care settings and via telehealth. The clinical psychologist responsibilities also include development and supervision of mental health programs and clinical staff. Benefits of both positions include health, dental, vision, maternity, paternity, paid time off, holiday pay, retirement and CEU stipend.

For more information, call 307-630-4729 or send your resume to [liv@livhealth.org](mailto:liv@livhealth.org).

You can view their website at <https://livhealth.org>.

## Meet Connections' New Team Member



The Connections Adult team is happy to welcome our new Care Coordinator, Collin Ensz! Collin received his Bachelor's Degree In Social Work from CSU in 2017 and is currently working on his Masters of Social Work Degree. In conjunction with working at Connections, he will also be interning at Poudre Valley Hospital in their Social Work Department. After Collin graduates in December of 2020, he would like to work within the medical field of social work, specifically at a VA hospital.

Collin enjoys playing basketball and hanging out with his friends and his cat. Collin also enjoys traveling. He traveled to Asia after his graduation last year and his goal is to travel to all seven continents.

Collin is looking forward to being surrounded by individuals who will teach him many topics that he is interested in. Collin is also looking forward to assisting clients in connecting with resources, providing extra support for clients and staff, and working closely in communicating with our partner agencies. He is eager to learn from everyone at Connections and appreciates all the different, but important, roles on the team.

# Resources for the Professional

## Office Space Availability

Two spacious, quiet, offices available in brand new building (14x15 feet). The offices are part of a suite that includes 4 occupied offices, conference room, break room, fully furnished waiting room, and two private bathrooms. All occupied offices are private practice psychologists/psychiatrists. These offices would be ideal for therapist, acupuncture, lawyer, or small business owner.

Building is ground floor on McMurry Ave, just off of Harmony. Each office has large privacy windows that provides a lot of natural light.

Move in date is August/early September. Date is flexible to start with a year lease and month to month after one year. Sharing space/subleasing is an option based on approval by owner.

Rent is \$800/month per office. Rent includes Wifi, utilities (heat, A/C, water, and client arrival alert system (when a client arrives they can push a button next to your name and light will signal in your office to notify the provider the client has arrived.))

**OFFICE SPACE**  
**Available!**

Contact Kate Combs at 970-400-1416 for more information and to schedule a viewing. Pictures available once construction is completed early July.



For Rent – 211 W. Myrtle

Beautifully appointed office building centrally located at 211 W. Myrtle has one 2<sup>nd</sup> floor office available immediately. Stunning 40' waterfall, large calming aquarium and floral outdoor garden greets guests. Upscale waiting areas; and smart looking furniture, bathrooms and interior finishes create a welcoming environment. The building has a large private parking lot with free parking. It has good lighting at night; conference room; large kitchen with full sized refrigerator, sink with disposal and dishwasher, large cabinets; building security systems; air conditioning, and is newly painted and very clean. The office is light and bright, approximately 173 sq. ft. and has a window. Monthly rent is \$700, and includes cleaning of common areas, internet, taxes, all utilities, and trash and recycling service. Lots of referral possibilities with other offices occupied by wellness related therapists, mental health therapists, body workers, and acupuncturists. Call 970-227-6400.



## Resources for the Professional

### Office Space Availability cont.

Professional office space available now in Old Town historical building. \$600/month, appx. 250 sq. feet. One-room office with brand new flooring. Rent includes WiFi, utilities, parking, shared kitchen and waiting area, taxes, maintenance, common area cleaning, and private mailbox. Shared space with other mental health professionals.

See posting with pictures at <https://fortcollins.craigslist.org/off/d/fort-collins-office-in-stover/6899482728.html>.

For more information, contact Sharon Johnson at [sharonjohnson88@msn.com](mailto:sharonjohnson88@msn.com) or by phone at 970-691-6851.

### Helping Children and Adolescents Cope with Grief

Dr. Wolfelt has always written that children and teens are our finest teachers about grief and mourning. Sadly, in contemporary culture they are at risk for being "forgotten mourners." Join us for this inspiring training and learn how children and teens teach us more through their behaviors than through their words.

You will learn how the philosophy of "companioning" grieving children and teens is more art than science. Come learn how to create a sacred space that encourages children to teach you as they "dose" themselves on the central needs of mourning. Even if you don't work directly with this population, this learning experience will enhance your capacity to support families experiencing grief.

Topics include:

- The major factors influencing the child's response to loss
- Dimensions of childhood grief and helping roles
- Six central reconciliation needs of childhood mourning
- Tools and techniques used in counseling bereaved children
- Potential inhibitors of the child's capacity to mourn
- Guidelines for facilitating bereaved child and adolescent support groups
- Special considerations for the adolescent mourner
- Identifying the "detached child"
- Referral criteria and recommended reading lists

**When:** July 8th-11th

**Where:** The Hilton  
425 W. Prospect Road  
Fort Collins, CO

**Tuition:** \$895 (Tuition includes all seminar materials, breakfasts and lunches.)

To view availability of this course, visit [www.centerforloss.com/trainings](http://www.centerforloss.com/trainings). You can then create an account and register online or download a registration form. For more information, call 970-226-6050 or email [training@centerforloss.com](mailto:training@centerforloss.com).

## Resources for the Professional

### Exploring Spiritual Dimensions of Death, Grief and Mourning

Bereavement naturally results in the “dark night of the soul,” writes Dr. Wolfelt. A central need of those in grief is to rejuvenate the spirit, to discover a reason to get one’s feet out of bed in the morning.

Dr. Wolfelt will explore:

- The importance of “companioning” vs. “treating” the bereaved.
- Definitions of spirituality and faith
- Themes of spiritual importance to the bereaved
- Helping the bereaved reconstruct meaning and purpose in life
- A spiritual assessment tool
- Pain and suffering in the context of loss and grief
- Grief as a transformative experience

**When:** July 22nd-25th

### PTSD: Companioning the Traumatized Griever

As our cultural and medical awareness of posttraumatic stress have grown, we as a society and as caregivers have begun to realize the sheer magnitude of the issue. It's now thought that about eight percent of us are experiencing the condition called PTSD at any given time.

In this training, Dr. Wolfelt will explore PTSD not as a “disorder” but instead as a component of normal, though complicated, grief. He will explain his belief that the term “traumatic grief” captures better the totality of people’s experience following traumatic loss. The symptoms of grief, normal or traumatic, are care-eliciting symptoms—not signs of illness but rather symptoms of an injury that needs careful and compassionate tending. What's more, the missing piece in the puzzle that is traumatic grief is mourning, or the expression of grief.

Topics covered:

- Traumatic versus normal grief symptoms
- Traumatic grief as a form of complicated grief
- Medical model therapies as treatment
- Mourning as “treatment”
- Catch-up mourning for traumatic grief

**When:** August 26th-29th

*For both trainings listed on this page:*

**Where:** The Hilton  
425 W. Prospect Road  
Fort Collins, CO

**Tuition:** \$895 (Tuition includes all seminar materials, breakfasts and lunches.)

To view availability of this course, visit [www.centerforloss.com/trainings](http://www.centerforloss.com/trainings). You can then create an account and register online or download a registration form. For more information, call 970-226-6050 or email [training@centerforloss.com](mailto:training@centerforloss.com).



## Resources for the Professional

### OCD/Exposure Therapy Consultation Group

If you are working with clients suffering from OCD, anxiety and/or panic, using exposure therapy as treatment, and would like a place to brainstorm exposure work with other clinicians, our group is for you!

**When:** The third Tuesday of the month from 11:30-1:00

**Where:** 109 Coronado Court, Fort Collins

Email Dr. Amy Indermuehle at [amy@facemyanxiety.com](mailto:amy@facemyanxiety.com) for more information.



### Group Supervision

Maggie Tibbetts, LCSW and Rachel Isenberg, LCSW are running two supervision groups that have openings. These groups are for master's level social workers or counselors who are needing hours to qualify for licensure. The group is structured so that we spend the first part discussing professionally relevant topics through the use of articles and online resources. We might cover a particular diagnosis, review counseling theories or go over case vignettes.

The second half of the group is dedicated to case consultation where members can discuss clients, workplace issues, or any other topic affecting them and their work. The group is a great place to network, get support from other professionals who are newer to the field and continue learning. Both groups meet for 2 hours once a month in our Old Town office. This is not a drop in group. The cost is \$80 per group.

Please call Maggie Tibbetts at 970-988-4173 or email [maggiestibbetts@gmail.com](mailto:maggiestibbetts@gmail.com) or Rachel Isenberg at [rachelisenberglcsw@comcast.net](mailto:rachelisenberglcsw@comcast.net) or 970-297-8907 if you are interested joining!

### Online and In-person Child/Adolescent Clinician Consultation Group

Would you like to know more about incorporating EMDR, play therapies, animal/equine-assisted therapies, art interventions into the 4 phases of treating complex trauma/dissociation?

Enjoy your lunch while you join Liberated Living, LLC on the last Friday of every month in office or online!

This 90 minute consultation group includes 30 minutes of discussion based on assigned readings from "Healing the Fractured Child" by Fran S. Waters, and other resources. The other 60 minutes will be spent on case consultations.

**When:** Fridays beginning July 19th  
11:00am-12:30pm

**Cost:** \$50/consultation group

For more information or to sign up, contact Michele Yarberry, LPC, RPT at 970-619-8332 or [contact@liberatedlivingforyou.com](mailto:contact@liberatedlivingforyou.com).



## Resources for the Community

### Healing from Trauma Group

10 week education and Skills Group—Learn about trauma and its impact as well as mindfulness-based tools and strategies to effectively cope.

The group will cover:

- PTSD Symptoms
- Triggers
- Breath Work
- Boundaries
- Reactions to trauma
- Coping Skills
- Somatic Experiencing
- Trust

A firm understanding of trauma and its effects, as well as resources and strategies to manage it, provides a sense of safety and control and can be powerful in the healing process.

**When:** Wednesdays, 5:30-6:30pm

**Where:** 300 E. Horsetooth Road, Suite 200  
Fort Collins, CO 80525

**Facilitators:** Rachel Lucas, LPC, NCC, CACII and Emilie Ryan, LPC, NCC, RYT

To register or for more information, contact Rachel Lucas at [rachelucasounseling@gmail.com](mailto:rachelucasounseling@gmail.com) or by phone at 970-227-4864.

### Guide for Living Update

Please note that the Fort Collins based 12-step group Guide For Living has recently become a part of CoDA or Colorado Co-Dependents Anonymous.

The Tuesday group now meets at 7:00pm on Tuesdays at Christ United Methodist Church - 301 E. Drake Road, Room #18.

The Thursday group will continue to meet at noon on Thursdays in the lower level conference room of the Guaranty Bank bldg. at 303 East Mountain Ave.

Meeting information for all CoDA meetings can be found online at [www.coda.org](http://www.coda.org) and [www.ColoradoCoda.org](http://www.ColoradoCoda.org).

For more information, please call 720-463-4675.

Thank you and we welcome therapists to refer community members to our CoDA Guide For Living twelve step meetings.

Editor's note: To learn more about Guide for Living, see the July-August 2018 edition of the Connections Newsletter at <https://connections.healthdistrict.org/>.



## Resources for the Community

### Voices Carry 18th Annual Bocce Event

Join Voices Carry Child Advocacy Center for the annual bocce tournament, held on the Voices Carry Child Advocacy Center (VCCAC) grounds in Fort Collins. This a fun-in-the-sun afternoon filled with friendly competition, food, music and more. Register your team of four in the bocce tournament, enjoy fresh cocktails and an Italian feast, peruse the silent auction and bid on items in the live auction, plus sing and dance along to the live music to complete your evening.

**When:** Saturday, August 3rd, 1:00pm

**Where:** Voices Carry Child Advocacy Center  
5529 S. Timberline Rd.  
Fort Collins, CO 80528

**Cost:** \$500 per team of 4



To register, visit:

<https://voicescarrycac.z2systems.com/np/clients/voicescarrycac/eventRegistration.jsp?event=713&>

### Therapy Group D&D

Counseling Partners of Northern Colorado is starting a D&D (Dungeons and Dragons) inspired therapy group for 18-26 year olds.

Join a group of other adventurers on a quest through the fictional mountainscape where mystery, conflict, treasure, and intrigue lay behind every corner. Never played before? Don't worry, beginners are welcome!

Using D&D as a method of therapy, this group is aimed at decreasing distress tolerance, increasing social skills, and utilizing strategic problem solving.

**When:** Tuesdays, 5:00-7:00pm  
Begins July 30th

**Where:** 8010 S. County Rd 5, #201  
Windsor, CO 80528

**Cost:** \$40 per group session  
\*Additional costs may apply

**Facilitator:** Megan Brice, MS, LPCC

For more information, call 970-400-1451 or email Megan at [meganbrice44@gmail.com](mailto:meganbrice44@gmail.com).

## Resources for the Community

### Community Awareness Series

#### Understanding Native American Populations in our Community

Find out about Native American health, education & numbers in our community. Understand the historical implications that are currently impacting our communities as it relates to mental health, suicide, sexual violence, and the Indian Child Welfare Act. We will also cover practices that support Native culture for youth and communities.

**When:** Thursday, July 11th from 9:00-11:00am

**Where:** Timberline Church (East Auditorium)  
2908 S. Timberline Road, Fort Collins

**Cost:** Free

To register, visit

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07egetg0rz4cd0e546&oseq=&c=&ch=>  
If you have any questions about this event, please contact Annette at [annette@casalarimer.com](mailto:annette@casalarimer.com).



### Camp BraveHeart

Join 3Hopeful Hearts and the Community Grief Center of Greeley for Camp Braveheart! This free camp is for children, ages 5-18 who are grieving the loss of a sibling, parent or other close family members. They will have the opportunity to share feelings and memories with other children who have experienced a similar loss. Campers will leave the day with a renewed sense of self and coping skills that will help them manage grief in everyday life.

The overnight camp for ages 12-18 will take place on July 20th-21st.

**Location:** Sky Corral Ranch

The day camp for ages 5-11 will take place on August 3rd.

**Location:** Colorado Youth Outdoors

To register, visit <https://www.3hopefulhearts.com/events/camp-braveheart/>.



### Yoga For Recovery

Yoga for Recovery is a yoga class supportive of recovery from addiction, trauma, and mental illness, designed to compliment on-going treatment with physicians and mental health practitioners. Mats and props available.

**When:** Wednesdays, 5:30pm

**Where:** The Orchard  
1918 S. Lemay Avenue, Fort Collins, CO

**Cost:** \$10, cash or card payments accepted

**Hosted by:** Nava Yoga Colorado.

To learn more, visit  
[www.navayogaco.com](http://www.navayogaco.com).



## Resources for the Community

### Interpersonal Trauma Support Group

Process group for survivors of interpersonal trauma, including sexual assault, relationship violence, and physical or sexual abuse. This is a place for members to connect with others who have undergone similar experiences, give and receive support, and share insights and hopes.

This group has limited structure to encourage members to bring various topics and questions for discussion, with likely themes to include:

- Processing Traumatic Experiences
- Coping Strategies
- Relationship Dynamics
- Establishing Safety
- Creating Meaning
- Trust



To register or for more information, contact Rachel Lucas at [rachellucasounseling@gmail.com](mailto:rachellucasounseling@gmail.com) or by phone at 970-227-4864.

### Parent Support Group

For parents of children who have experienced early childhood trauma.

Do you feel like you are parenting multiple children in one child?  
Do you keep repeating the same practices expecting different results?  
Are you looking for more effective techniques/tools?  
Is your child receiving or are you considering Play Therapy or EMDR Therapy?

This is an online support group that offers the following:

- Structured discussions, based on assigned readings
- Hands-on techniques to help your child feel felt and increase more effective communication
- Techniques to help you keep your cool
- Review/evaluation of implemented specialized parenting techniques
- Webinar/power point education

**When:** Every Tuesday beginning July 16th  
11:00am-12:30pm

**Where:** Online!

**Cost:** \$35 per person, per group session  
\$45 per couple (caregivers/parents/guardians) sharing the same webcam  
\$90 for a 60-minute intake prior to the first session, on-line or in-office.

For more information or to schedule an intake, contact Michele Yarberry, LPC, RPT at 970-619-8332 or [contact@liberatedlivingforyou.com](mailto:contact@liberatedlivingforyou.com).

To learn more about Michele's practice, visit [www.liberatedlivingforyou.com](http://www.liberatedlivingforyou.com).

# Connections Community Education

## 2019 QPR Trainings

Connections is offering QPR training, which stands for Question, Persuade and Refer. QPR is an hour long suicide prevention training for community members, which covers warning signs, how to talk with someone who is suicidal and local resources to refer to.

### Daytime training dates:

Daytime trainings are held from noon-1:00pm

- ◆ Thursday, July 18th
- ◆ Monday, August 12
- ◆ Friday, September 6th
- ◆ Wednesday, November 13th
- ◆ Tuesday, December 10th

### Evening training date:

Evening trainings are held from 5:30-6:30pm

- ◆ Tuesday, October 8th

To register for a QPR class, please contact Emily Leetham at [eleetham@healthdistrict.org](mailto:eleetham@healthdistrict.org) or call 970-530-2883.

## TNT Save-the-Dates

If you are interested in attending future TNT's, please be sure to add these dates to your calendar!

### July 18, 2019—TNT Talk: Grief focused

Registration is open:

[https://www.eventbrite.com/e/tnt-grief-and-loss-focused-tnt-talk-tickets-63454458995?utm\\_term=eventurl\\_text](https://www.eventbrite.com/e/tnt-grief-and-loss-focused-tnt-talk-tickets-63454458995?utm_term=eventurl_text)

(copy and paste entire URL)

### October 17, 2019 (Speed Networking)

TNT stands for “**Therapist Networking & Training**” and is held quarterly for behavioral health professionals. This free event is a time for providers to learn from each other through trainings and also gives attendees the time to network and catch up with fellow colleagues. TNT's are held from 7:45-9:30am. Look for invitations to come!

If you have any questions about the TNT events, contact Emily Leetham at [eleetham@healthdistrict.org](mailto:eleetham@healthdistrict.org).



## Mental Health First Aid

### Adult MHFA: Tuesday, August 13th

This free 1-day training is designed to assist those who work and interact with young adults and adults to identify risk factors and warning signs of mental illness and equip them with the tools they need to reach out and offer help. The course builds understanding of the impact of mental health and reviews specific illnesses such as anxiety, depression, substance use, bipolar disorder and schizophrenia.

### Youth MHFA: Wednesday, September 11th

This free 1-day training is designed to assist those who work and interact with youth to identify symptoms or behaviors of developing mental illness and equip them with the tools they need to reach out and offer help. 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.

For more information or to register, contact Emily Leetham at [eleetham@healthdistrict.org](mailto:eleetham@healthdistrict.org). You can also visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org) to learn more about Mental Health First Aid.