

Southern Ute Behavioral Health Division  
**FAMILY RESOURCE GUIDE 2020**



*Local, State, and National Resources. For Southern Ute specific resources please see the Services Guide for the Southern Ute Indian Tribe.*

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# Southern Ute Behavioral Health Division

- Mental health and substance use community trainings and educational meetings.

***Dedicated to the health and wellbeing of our Southern Ute tribal membership and local Native Americans.***

**We are located at the following two locations:**

- **SOUTHERN UTE HEALTH CENTER**

356 Ouray Dr., Ignacio, CO, 81137  
970-563-4581

- **DURANGO LOCATION**

4101 CR 222, Durango, CO, 81301

**Mailing address:**

Southern Ute Behavioral Health  
PO Box 737, Ignacio, CO, 81137

***This resource guide is brought to you by the Southern Ute Behavioral Health Division.***

**Services Behavioral Health division provides:**

- Individual therapy
- Group therapy
- Family therapy
- Outpatient substance use treatment
- Medication-assisted treatment
- Education and distribution of Narcan to prevent opioid-related deaths
- Assessments and assisting individuals who need inpatient mental health or residential substance use treatment
- Peer coaching
- Care Coordination
- Holistic approach including vocational support and nutrition education





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# Native Connections Program

## SAMHSA Grant Funded under the Southern Ute Behavioral Health Division

The purpose of the Native Connections Program is to prevent and reduce suicidal behavior and substance misuse, reduce the impact of trauma, and promote mental health among American Indian and Alaskan Native (AI/AN) young people up to and including age 24.

The goals of this program fall within two of the Substance Abuse and Mental Health Services Administration (SAMHSA) strategic initiatives:

- (1) Prevention of Substance Abuse and Mental Illness, and
- (2) Trauma and justice.

You are important to this movement and we welcome all people and ages of this community to help us make tomorrow better and brighter for our Native American youth.

Please feel free to contact Precious Collins, Native Connections Program Coordinator at [prcollins@southernute-nsn.gov](mailto:prcollins@southernute-nsn.gov) or call 970-563-2487 for more information or to get involved in the Southern Ute Prevention Coalition.

***Healthy minds. Healthy choices. Healthy Utes. Join the Southern Ute Prevention Coalition now.***



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## Southern Ute Behavioral Health Division

# COMMUNITY RESOURCES

### 4 the Children

*Serving La Plata County members*

**Program:** 4 The Children, the umbrella organization for CASA and SEPT, provides supervised exchange and supervised parenting time for families in high conflict divorce cases, domestic violence cases, and for cases where children are in foster care and able to meet with non-custodial family members.

- Human Services
- Youth Development
- Community Improvement & Capacity Building

**Search Tags:** CASA, advocacy, children, abuse, child abuse, neglect, visitation, domestic violence, court, advocate, Durango, La Plata, Dolores, Cortez, Archuleta, Pagosa, Montezuma, San Juan, Silverton, Supervised Exchange, Safe Exchange, Supervised visitation, visitation, supervised parenting time, domestic violence, high conflict divorce

**Contact info:**  
129 CR 250, Durango, CO 81301  
970-259-0301 • [www.4thechildren.org](http://www.4thechildren.org)

### Al-Anon/Alteen

*Serving La Plata County members*

**Program:** Offers help and support to families and friends of individuals struggling with alcoholism.

**Contact info:**  
970-259-2982 • [www.al-anon-co.org](http://www.al-anon-co.org)

### Alcoholics Anonymous

*Serving La Plata County members*

**Program:** Offers help and support for individuals struggling with alcoholism.

**Contact info:**  
970-245-9649 • [www.aadistrict18.org](http://www.aadistrict18.org)

### ASSIST Caregivers

(Applied Suicide Intervention Skills Training)

*Serving Ignacio Community*

**Program:** Not sure how to help someone having thoughts of suicide? Call one of the ASIST caregivers listed here. ASIST caregivers are able to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

- Thoughts of suicide, keep safe plan

**Contact info:**  
**Southern Ute Tribal Campus, Ignacio, CO**

- **Bruce Le Claire, Boys and Girls Club:** 970-563-2694
- **Journii Nez, Boys and Girls Club:** 970-563-2692
- **Vanessa Torres, Tribal Court:** 970-563-2893



# Axis Health System

*Serving La Plata County members*

**Program:** Serves children, adults, seniors and families to meet behavioral health (mental health and substance use) needs.

LGBTQ+ Trained

**Services include:**

- Counseling & Therapy
- Crisis Evaluation & Intervention
- Case Management
- Psychiatric Care
- Substance Use Disorder Treatment

**Contact Info:**

970-259-2162

24 hr. Crisis Line: 970-247-5245

[www.axishealthsystem.org](http://www.axishealthsystem.org)

# Big Brothers Big Sisters of Southwest Colorado

*Serving La Plata County members*

**Program:** The children served have many risk factors, dropping out of school, or using drugs, alcohol, violence. BBBS has reduced the risk of drug use by 46%, alcohol use by 27% and kids are 33% less likely to hit. With your help we can continue to place the over 30 children on our wait list.

- Youth Development
- Education
- Public & Societal Benefit

**Search Tags:** mentoring, youth mentoring, #mentoring, #youthmentoring, study buddy, supportive one-to-one relationship, children achieve success, changing children's lives for the better, forever

**Contact info:**

175 Mercado Street, Suite 109, Durango, CO 81301

970-247-3720 • 970-247-3720 • [www.bbig.org](http://www.bbig.org)



Photo: Jeremy Wade Shockley, The Southern Ute Drum

## Boys & Girls Club of La Plata County

*Serving La Plata County members*

**Program:** Club fees are intentionally low, with need based scholarship support available, to ensure all kids can be Club members. Donations offset this Club cost. Donations to the Club are tax deductible. Eligible donations may qualify for a 2018 Colorado Child Care Contribution Tax Credit.

- Youth Development
- Recreation & Sports
- Education

**Search Tags:** youth, development, kids, boys, girls, Club, BGCA, teens, positive, safe, fun, environment, academic success, healthy lifestyles, good character and citizenship, Durango, La Plata County, Colorado, school.

**Contact Info:**

2750 Main Avenue, Durango, CO 81301  
970-375-0010 • [www.bgclaplata.org](http://www.bgclaplata.org)

## Boys & Girls Club of the Southern Ute Indian Tribe

*Serving Ignacio Community*

**Program:** The Boys & Girls Club of the Southern Ute Indian Tribe will provide a safe and nurturing environment that guides each young person on their path to developing good character, a respect of culture, diversity, academic excellence, and development of a healthy mind, body, and spirit.

- Youth Development
- Recreation & Sports
- Education

**Search Tags:** youth, development, kids, boys, girls, Club, BGCA, teens, positive, safe, fun, environment, academic success, healthy lifestyles, good character and citizenship, Ignacio, Southern Ute Tribe, Colorado, school.

**Contact info:**

Ignacio, CO 81137  
970-563-4753 • [www.bgcso.org](http://www.bgcso.org)



Photo: The Southern Ute Drum archive



# Celebrating Healthy Communities

*Serving La Plata County members*

**Vision:** We are resilient, connected neighbors, who support healthy, creative pursuits for people of all ages.

**Mission:** We are a sustainable coalition that collaborates, engages, and educates to promote addiction-free lifestyles by building assets for all.

To meet our Mission, we act to increase Developmental Assets among youth and young adults in order to promote healthy, caring and responsible individuals and build protective factors against risky behaviors, such as substance use.

We do this by:

- Training youth, adults and staff of youth-serving organizations about Developmental Assets.
- Using the Science of the Positive approaches to correct misconceptions, attitudes, and behaviors to promote positive community norms. Collaborating to hold pro-social, drug-free events that are fun and engaging.
- Providing youth-adult partnerships by participating as adult advisers in student clubs.
- Creating youth-led, data-driven, media campaigns.

**Contact info:**

Durango, CO

[www.celebratinghealthycommunities.org](http://www.celebratinghealthycommunities.org)



Photo: Trennie Collins, The Southern Ute Drum

# Colorado Legal Services

*Serving La Plata County members*

**Program:** Provides legal advice and representation for civil matters (including employment issues) to low income individuals and members of vulnerable populations. Services are based on financial eligibility, must apply through local office.

**Contact Info:**

835 E 2nd Ave #300, Durango, CO 81301

888-298-8483

[www.coloradolegalservices.org](http://www.coloradolegalservices.org)

# Community Connections, Inc.

*Serving La Plata County members*

Support children and adults with intellectual and developmental disabilities to live, learn, work and play and be integrated contributing members of their SW Colorado communities. Your donation will help our clients reach their life goals and have the same opportunities as other community members.

- Human Services
- Health Care
- Civil Rights, Social Action & Advocacy

**Search Tags:** developmental disabilities, intellectual disabilities, IDD, nonprofit, autism, down syndrome, TBI, traumatic brain injury, mental retardation, disability, early intervention, infant, independent living

**Contact Info:**

281 Sawyer Drive, Ste 200, Durango, CO 81303

970-259-2464 • [www.communityconnectionscolorado.org](http://www.communityconnectionscolorado.org)

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## Community Emergency Assistance Coalition

*Serving La Plata County members*

**Program:** The Community Emergency Assistance Coalition (CEAC) is a collaborative multi-agency effort aimed at providing homeless prevention and community stability through one-time emergency assistance to individuals and families in La Plata/San Juan Counties who are facing near term financial crisis. Appointments are required.

**Contact Info:**  
970-259-1086

## Companeros: Four Corners Immigrant Resource Center

*Serving La Plata County members*

**Program:** A grassroots organization dedicated to empowering the immigrant population of the rural Four Corners region to live fulfilling lives, achieve self-sufficiency, and become active members of society.

Immigrant support. Bilingual, education outreach, community organization

**Contact Info:**  
701 Camino del Rio, Suite 319  
Durango, CO 81301  
970-375-9406 • [www.companeros.org](http://www.companeros.org)

## Connect for Health Colorado

**Program:** Our mission is to increase access, affordability, and choice for individuals and small employers purchasing health insurance in Colorado. If you've recently experienced a job loss or loss of income, you might qualify for a 60-day Special Enrollment period, which will allow you to sign up for a new health insurance plan or to change your current plan.

**Contact Info:**  
855-PLANS-4-YOU (855-752-6749)  
[www.connectforhealthco.com](http://www.connectforhealthco.com)

## Cooking Matters: Southwest Colorado

*Serving La Plata County members*

**Program:** Empowers low-income families with the skills to stretch their food budgets so their children get healthy meals at home. Offering six-week cooking courses and other community events. Course participants learn money and time saving techniques for the kitchen, and are sent home with food to prepare a meal for a family of four.

**Contact Info:**  
862 Main Ave, Suite 223, Durango, CO 81301  
303-801-0326 • [www.co.cookingmatters.org](http://www.co.cookingmatters.org)

# Crisis Support for LGBTQ Youth

*Serving Nation-wide*

**Program:** Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline.

LGBTQ+ Trained

Suicide prevention, crisis, problem solving, LGBTQ

**Contact Info:**

1-866-488-7386 or text START to 678678  
[www.thetrevorproject.org](http://www.thetrevorproject.org)



Photo: Robert L. Ortiz, The Southern Ute Drum

# Dancing Spirit, Inc.

*Serving Ignacio Community*

**Program:** Support the healing power of the arts. Help our youth and families overcome poverty and historic trauma. Dancing Spirit in Ignacio, a rural tri-ethnic community in SW Colorado offers transformative arts programs. Join us in empowering youth and families through creative expression!

- Arts, Culture & Humanities
- Youth Development
- Community Improvement & Capacity Building

**Search Tags:** Kids, Youth, Children, Art, Healing, Empower, Hope, Southwest Colorado, Native, Indigenous, Southern Ute, rural, low-income, Education, poverty, tribal, Hispanic, At-risk, Community, Grassroots, Teach, Heal, Work, Hope, Believe, Share, Families, Support, Serve, Proven record, Mature, Growing, Evolving, Create, New Initiative, Building Bridges, Power, Trauma, Historic, Revitalization, Ignacio, Durango, Bayfield, Transform, Wellness, Court, Incarceration, Alternative, Creative, Expression, Young People, Teen, Adult, Educate, Growth, Engagement, Love, class, Center, Build, Bridge

**Contact Info:**

115 Ute Street, Ignacio, CO 81137  
970-563-4600 • [www.dancingspiritgallery.org](http://www.dancingspiritgallery.org)



## Durango Adult Education Center

*Serving La Plata County members*

**Program:** Provides affordable and effective education to young adults (17) and adults over 18. We equip individuals with the knowledge they need to lead productive lives, allowing them to better contribute to the local economy and the overall health of our communities.

- Education
- Public & Societal Benefit
- Employment

**Search Tags:** adult education, career training, Colorado, continuing education, DAEC, Durango, English as Second Language, GED, high school equivalency, hunger, La Plata County, lifelong learning, literacy, living wage, state education, Montezuma County, HSE, HiSET

**Contact Info:**

701 Camino Del Rio, Ste. 301  
Durango, CO 81301  
970-385-4354 • [www.durangoadulted.org](http://www.durangoadulted.org)



Photo: Jeremy Wade Shockley, The Southern Ute Drum

## Durango Commodity Food Distribution

*Serving La Plata County members*

**Program:** Commodity Foods Distribution is a Program of the USDA. Families at 185 percent or less of the poverty threshold qualify for distribution. Proof of La Plata residency and photo ID required. You must provide your own bag or boxes. More information available through the Durango Food Bank.

Distributes at La Plata County Fairgrounds – 3rd Monday of each month.

**Contact Info:**

970-375-2672  
[www.nutrition.gov/food-assistance-programs/food-distribution-programs](http://www.nutrition.gov/food-assistance-programs/food-distribution-programs)

## Durango Community Shelter

*Serving La Plata County members*

**Program:** Serves families and individuals experiencing homelessness. They also provide housing to veterans in need through the Office of Veteran Affairs. They provide: Provisions of nutritious meals, clothing, shower, laundry, and other basic needs. 24/7 residential shelter services. Crisis information and referrals. Resource referrals. Employment/housing counseling. Medical respite bed program.

**Contact info:**

1055 Avenida Del Sol, Durango, CO 81301  
[www.voacolorado.org/gethelp-southernco-durangocommunityshelter](http://www.voacolorado.org/gethelp-southernco-durangocommunityshelter)

## Durango Farmers Market

*Serving La Plata County members*

**Program:** The Durango Farmers Market is held in the parking lot of the First National Bank of Durango, at 259 W 9th St. The market happens on Saturdays from 8 a.m. to 12 p.m., second weekend of May through the last weekend of October. (9 a.m. to noon in Oct.) The Durango Farmers Market participates in the SNAP program. For those with an EBT card, just stop by the DFM Info Booth to receive your SNAP coupons good for any grocery items. They also participate in the Double Up Food Bucks Program, which are free to the customer. Double Up Bucks can be applied at the market to buy Colorado-grown fruits and vegetables.

**Contact Info:**

259 W 9th St, Durango, CO 81301  
970-749-1653 • [www.durangofarmersmarket.com](http://www.durangofarmersmarket.com)

## Durango Food Bank

*Serving La Plata County members*

**Program:** Provides emergency food staples (one time per thirty days). Referral form available at Women's Resource Center (679 E. Second Ave., Ste 6) and Department of Human Services (1060 E. Second Ave.).

**Contact Info:**

194-C Bodo Dr., Durango CO 81301  
970-375-2672 • [www.durangonaturestudies.org](http://www.durangonaturestudies.org)

## Durango Nature Studies

*Serving La Plata County members*

**Program:** Providing hands-on nature education since 1994. We teach students, adults, and families from Bayfield to Cortez, Colo., and from Silverton, Colo., to Farmington, N.M.! With a small core staff, dedicated volunteers, and interns, DNS serves more than 9,000 people annually.

- Education
- Environment
- Youth Development

**Search Tags:** Durango, nature, youth, children, education, environment, community, stewardship, conservation, Four Corners, Bayfield, Ignacio, Southwest, school,

**Contact Info:**

1309 E 3rd Ave., #27 Durango, CO 81301  
970-769-1800



Photo: Robert L. Ortiz, The Southern Ute Drum

## Durango Pregnancy Center

*Serving La Plata County members*

**Program:** Open to all seeking pregnancy help and assistance. No one is turned away. We do not solicit or receive any state or federal funding. Our budget is completely supported by individuals, churches, and organizations. Be a part of supporting the lives of a mom, dad, and baby!

- Education
- Human Services
- Housing & Shelter

**Search Tags:** pregnancy, pregnancy tests, STI testing, prenatal education, pre-natal education, breastfeeding support, pregnancy options, pregnancy care center, Durango Pregnancy Center, four corners, southwest Colorado, pregnancy support, post-abortion counseling, peer counseling, low income women, educational grant for single moms, material assistance for low income women

**Contact Info:**

1315 Main Avenue, Suite 230, Durango, CO 81301  
970-247-5559 • [www.durangopregnancy.com](http://www.durangopregnancy.com)

## Energy Outreach Colorado (EOC)

*Serving La Plata County members*

**Program:** Electric assistance. Assistance with past due heating bills not covered by LEAP, outside of the LEAP assistance period, or for those who do not qualify for LEAP. Apply through Housing Solutions of the Southwest 970-259-1086 or La Plata Family Center 970-385-4747.

**Contact Info:**

225 East 16th Ave, Suite 200, Denver, CO 80203  
303-825-8750 • [www.energyoutreach.org](http://www.energyoutreach.org)

## Family in Need Support Group – Cody Project: You Matter

*Serving La Plata County members*

**Program:** To provide compassion, support and resources to families struggling with youth who suffer from anxiety, depression and suicidal thoughts. This group is about understanding and empathy. Everyone comes to this with different life experiences and beliefs. We need to respect each other. Our journeys are different but our pain is the same.

Family, youth, depression, anxiety, suicide, help

**Contact Info:**

505-330-7897 or 970-799-6279

## Food Stamps PEAK

*Serving La Plata County members*

**Program:** What can PEAK do for you? PEAK can connect you to important benefit programs to help pay for child care, buy nutritious food, get cash assistance, and access health care coverage. PEAK can quickly display some of the benefit programs for which you might qualify through the Am I Eligible screening tool. PEAK can guide you through the online application process, and in some cases, tell you immediately if you qualify for medical assistance. PEAK can help you make payments, update your contact information, add a member to your household, print your Health First Colorado card, and more. PEAK can assist you in English or Spanish.

**Contact Info:**

Tech Center Plaza, 10 Burnett Court, First Floor, Durango, CO 81301  
970-382-6150



## Four Corners Rainbow Youth Center

*Serving La Plata County members*

**Program:** We have drop in groups on Mondays from 3-6 p.m. In the case that 9R schools are closed, please email us to see if we're open. The 4 Corners Rainbow Youth Center's mission is to offer a safe, nonjudgmental, and visible space for Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning (LGBTQ) youth, families and allies in our community.

RYC is a support network located in Durango, Colorado for Gay, Lesbian, Bisexual, Transgender, Queer, and Questioning youth, their allies and families.

LGBTQ+ Trained

**Contact Info:**  
rainbowyouthcenter.org

## Four Corners Mutual Aid Network/Ignacio Mutual Aid

**Program:** Solidarity Not Charity in the Four Corners Region. In times like these, our relationships with our neighbors and community members are more important than ever. To this end, a grassroots mutual aid project has been organized in the Four Corners area to facilitate people helping people. This mutual aid initiative is separate from all non-profits and official entities: an opportunity for our community to connect in a new way and support each other directly during COVID-19.

**Contact Info:**  
970-343-4687  
Email: @fourcornersmutualaidnetwork

## Heartbeat Of Durango

*Serving La Plata County members*

**Program:** Support for people who have been touched by suicide. To offer empathy, comfort, and relief from isolation, and to role model healthy adjustment to loss in a safe, judgment-free environment to adults touched by suicide. Heartbeat groups offer the opportunity for venting and validating feelings, for exchanging comfort and coping techniques to lighten the burden of grief through sharing the load.

- What it is: A group of mutual support
- What it is not: A therapy group
- Why it works: All participants are survivors, normalizes suicide grief, validates suicide loss, defines grief work after suicide, role models resolution, assures suicide is survivable

**Contact Info:**  
The Grief Center: 2243 N. Main Ave. 4F, Durango, CO 81301  
970-749-1673  
www.durangocares.com/resources/heartbeat-of-durango

## Housing Solutions for the Southwest

*Serving La Plata County members*

**Program:** Rental assistance voucher program, transitional living programs, emergency homeless prevention, housing counseling for qualifying individuals or families. The only HUD certified counseling agency that assists people with mortgage modification and foreclosure prevention. We have multiple programs for people of different income levels including homebuyer and credit counseling, weatherization services and housing rehabilitation. Depending on income, these services may be at no cost or be through a low-interest loan.

**Contact Info:**  
295 Girard St., Durango, CO 81303  
970-259-1086 • swhousingsolutions.com

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## Ignacio Community Library

*Serving Ignacio County members*

**Program:** The Ignacio Community Library is a center that brings people and ideas together for learning and personal growth. Books! Books! And Community events.

**Contact Info:**

970-563-9287

[www.ignaciolibrary.org](http://www.ignaciolibrary.org)

## Indian Health Service: Suicide Prevention and Care

*Serving American Indian/Alaska Native*

**Program:** Suicide prevention and support. Despite the strengths of American Indian and Alaska Native (AI/AN) families and communities, suicide remains a devastating and all too frequent event. Complex, interrelated factors contribute to an increased suicide risk among AI/AN people and include mental health disorders, substance abuse, intergenerational trauma, and community-wide issues. Factors that protect AI/AN youth and young adults against suicidal behavior are a sense of belonging to one's culture, a strong tribal/spiritual bond, the opportunity to discuss problems with family or friends, feeling connected to family, and positive emotional health.

LGBTQ+ Trained

**Contact Info:**

National Suicide Prevention Lifeline: 1-800-273-8255

Deaf/hard of hearing 1-800-799-4889 text HOME to 741741

[www.ihs.gov/suicideprevention](http://www.ihs.gov/suicideprevention)

## La Plata County Senior Center

*Serving La Plata County members*

**Program:** Services for individuals 60 and over. Lunch served Mon – Fri (reservations required and must be made by 9:30 a.m.). Home meal delivery also available. 970-382-6445

- Transportation services 970-759-6309
- Home Chore Services 970-382-6429

Aging and Disability Resources for Colorado (ADRC) – provides information and referrals to adults 60+ and individuals with disabilities (age 18-59) and their families 970-382-6444. Also offers physical fitness classes, support groups, computer training, social activities, income tax assistance, information, and referrals.

**Contact Info:**

2424 Main Ave., Durango, CO 81301

970-382-6445

## La Plata Dept. of Human Services

*Serving La Plata County members*

**Program:** Administers a variety of programs offering public assistance to women, children, elderly, disabled, and low-income residents, including TANF, food stamps, Medicaid, and subsidized childcare.

**Contact Info:**

10 Burnett Court, First Floor, Durango, CO 81301

970-382-6150

[www.co.laplata.co.us/government/human\\_services](http://www.co.laplata.co.us/government/human_services)

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## La Plata Family Centers Coalition

*Serving La Plata County members*

**Program:** For over 30 years, the family center has listened and responded to the social, emotional, educational and economic needs of diverse families in our community. These efforts continue to strengthen families and reduce feelings of hopelessness that families can experience during challenging times.

- Human Services
- Health Care
- Education

LGBTQ+ Trained

**Search Tags:** Early Childhood Education, Access to Health Care, Child Care, Parents as Teachers, Food Bank, Bayfield Family Center, Family Support Services, Family Development

**Contact Info:**

495 Florida Road, Durango, CO 81301  
970-385-4747 • [www.lpfcc.org](http://www.lpfcc.org)

## La Plata Integrated Healthcare

*Serving La Plata County members*

**Program:** Primary care and behavioral health services for adults and children. Takes Medicaid and CHP+, offers a sliding scale for those without insurance. Special services for homeless individuals. Can assist with applying for health insurance.

**Contact Info:**

970-335-2288 • [www.axishealthsystem.org](http://www.axishealthsystem.org)

## La Plata Youth Services

*Serving La Plata County members*

**Program:** Join us to support our youth! La Plata Youth Services provides support and advocacy for youth facing challenges in school, home, or court. Last year we reached over 600 youth in La Plata County through our prevention and early-intervention, court diversion, and community-based programs.

- Youth Development
- Human Services
- Civil Rights, Social Action & Advocacy

LGBTQ+ Trained

**Search Tags:** youth, at-risk, developing, kids, juvenile, court, diversion, positive youth development, parent support, pro-social, advocacy, social justice, truancy, intervention, prevention

**Contact Info:**

2490 Main Avenue, Durango, CO 81301  
970-385-4440 • [www.lpys.org](http://www.lpys.org)

## Lifeline

*Serving La Plata County members*

**Program:** Provides discounts on telephone service (cell or landline) for qualifying low-income individuals.

**Contact Info:**

888-641-8722 • [www.lifelinesupport.aspx](http://www.lifelinesupport.aspx)



## Live Well Colorado's Double Up Food Bank

*Serving La Plata County members*

**Program:** Double Up Food Bucks Colorado (Double Up Colorado) is collaborative program administered by Live Well Colorado. It increases access to Colorado-grown fruits and vegetables. When SNAP recipients shop at participating farmers markets, they can now have their purchase matched with a voucher worth up to a \$20 per visit to put toward Colorado-grown fruits and vegetables. Double Up Food Bucks can be applied at the Durango Farmers Market, which is held in the parking lot of First National Bank from 8 AM – 12 PM on Saturdays (mid-May to the end of Oct)

**Contact Info:**  
[www.doubleupcolorado.org](http://www.doubleupcolorado.org)

## Low Income Energy Assistance Program (LEAP)

*Serving La Plata County members*

**Program:** Assistance with heating bills Nov. 1 – April 30. Applications available at the Women's Resource Center or the Department of Human Services.

**Contact Info:**  
1060 E. 2nd Ave., Durango, CO 81301  
888-775-5327 • [www.colorado.gov/pacific/cdhs/leap](http://www.colorado.gov/pacific/cdhs/leap)

## Man Therapy

*Serving Nation-wide*

**Program:** Men who are experiencing a crisis, thoughts of suicide, or need support. Working aged men (25-54 years old) account for the largest number of suicide deaths in the U.S. These men are also the least likely to receive any kind of support. They don't talk about it with their friends. They don't share with their family. And they sure as heck don't seek professional treatment. They are the victims of problematic thinking that says mental health disorders are unmanly signs of weakness.

LGBTQ+ Trained

**Contact Info:**  
National Suicide Prevention Lifeline 1-800-273-8255  
Deaf/hard of hearing: 1-800-799-4889 text HOME to 741741  
[mantherapy.org](http://mantherapy.org)



Photo: Jeremy Wade Shockley, The Southern Ute Drum

## Manna – Durango Soup Kitchen

*Serving La Plata County members*

**Program:** Everyone deserves access to a nutritious meal. Please help us in giving a hand up to those who are disadvantaged and food insecure in Southwest Colorado. Manna is able to offer the Enterprise Tax Zone Credit Program (25% tax credit for Colorado Residents) to donors who contribute over \$250 annually.

- Human Services
- Education
- Food, Agriculture & Nutrition

**Search Tags:** Food, Education, Client Services, Opportunity, Growth, Self-Sufficiency, Garden, Soup Kitchen, Employment Skills, Poverty, Hunger, Culinary Program, Job Skills, Families, Veterans, Community, Social Enterprise, Volunteer, Community Collaboration, Meals

**Contact Info:**

1100 Avenida del Sol, Durango, CO 81301  
970-385-5095 • [www.mannasoupkitchen.com](http://www.mannasoupkitchen.com)



Photo: The Southern Ute Drum Archive

## Meals on Wheels

*Serving La Plata County members*

**Program:** Helps sustain dozens of home-bound seniors and their caregivers within the communities. Hot meals are delivered to the homes of seniors within the delivery zone Monday through Friday. Frozen meals are also available for the weekends or to those people outside of the delivery boundaries. To be eligible, recipients must be 60+ and home-bound requiring assistance with at least 2 activities of daily living. If requested, caregivers are also provided Meals on Wheels. The suggested donation is \$4 for seniors and their caregivers.

**Contact info:**

970-259-1021 or via email at [rbauske@voacolorado.org](mailto:rbauske@voacolorado.org)

## Medicine Horse Center

*Serving La Plata County members*

**Program:** An equine assisted therapy center that serves youth and adults from the Four Corners region. We work with clients who seek to improve their quality of life through Equine Assisted Psychotherapy, Equine Assisted Learning or Therapeutic Riding.

- Human Services
- Youth Development
- Animal-Related

**Search Tags:** Equine assisted therapies, equine assisted learning, equine experiential learning, therapeutic riding, horse therapy, horses, youth development, counseling, therapy, family therapy.

**Contact Info:**

40700 Road J, Mancos, CO 81328  
970-533-7403 • [www.medicinehorsecenter.org](http://www.medicinehorsecenter.org)

## Mental Health First Aid

*Serving La Plata County members*

**Program:** Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Topics Covered: Depression and mood disorders. Anxiety disorders. Trauma. Psychosis. Substance Use disorders

**Contact Info:**

Southern Ute Health Center – Behavioral Health Division  
356 Ouray Dr., Ignacio, CO, 81137  
970-563-4581

## Nacional de Prevencion del Suicidio

*Serving Nation-wide*

**Program:** Spanish speaking. Suicide prevention, crisis, and problem solving. Cuando usted llama al numero 1-888-628-9454, su llamada se dirige al centro de ayuda de nuestra red disponible mas cercano. Tenemos actualmente 150 centros en la red y usted hablara probablemente con uno situado en su zona. Cada centro funciona en forma independiente y tiene su propio personal calificado.

LGBTQ+ Trained

**Contact Info:**

1-800-273-8255  
Deaf/hard of hearing call 1-800-799-4889 text HOME to 741741  
[suicidepreventionlifeline.org/help-yourself/en-espanol](https://suicidepreventionlifeline.org/help-yourself/en-espanol)

## Narcotics Anonymous

*Serving La Plata County members*

**Program:** Offers help and support for individuals suffering with drug addiction.

**Contact Info:**

970-769-8117 • [www.na.org](http://www.na.org)

## National Alliance on Mental Illness

*Serving Nation-wide*

**Program:** Information, referrals, and support for individuals and/or friends/families of individuals living with mental illness.

**Contact Info:**

800-950-6264 • [www.nami.org](http://www.nami.org)

## National Suicide Prevention Lifeline

*Serving Nation-wide*

**Program:** We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. You can also go to the website and chat with someone if you need assistance.

Thoughts of suicide, support in distress, crisis

**Contact Info:**

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)



## Onward! A Legacy Foundation

*Serving La Plata County members*

**Program:** Create and encourage methods for philanthropic giving to meet financial goals for a variety of donors. Identify, improve, and assist in addressing the needs of the Four Corners' communities. Foster understanding and cooperation among diverse cultural and ethnic groups.

- Philanthropy, volunteerism and Grant Making Foundations
- Community Improvement and Capacity Building
- Youth Development

**Search Tags:** foundation, scholarship, grant making, community

**Contact Info:**

33 N. Chestnut, Cortez, CO 81321  
970-565-9200 • [www.onwardfoundation.org](http://www.onwardfoundation.org)

## Over Eaters Anonymous

*Serving La Plata County members*

**Program:** 12-step support group for overeaters, undereaters, anorexics, and bulimics.

**Contact Info:**

Aurora : 970-382-9801  
Terry: 970-749-4910  
[www.aa.org](http://www.aa.org)

## Pediatric Partners of the Southwest

*Serving La Plata County members*

**Program:** A part of PEAK, see PEAK website to apply for medical benefits online. Visit the Department of Human Services to apply in person.

**Contact Info:**

10 Burnett Court, First Floor, Durango, CO 81301  
970-382-6150 • [www.ppswdurango.com](http://www.ppswdurango.com)

## Pine River Senior Center (Bayfield)

*Serving Bayfield Community*

**Program:** Offers a variety of activities – call for more information. Lunch served at noon on Wed. and Fri. (reservations required and must be made by 9 a.m. the day of).

LGBTQ+ Trained

**Contact Info:**

111 S. West St., Bayfield, CO 81122  
970-884-5415



Photo: Jeremy Wade Shockley, The Southern Ute Drum

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## Pine River Shares

*Serving Pine River Valley Community*

**Program:** Pine River Shares is a community-based leadership project that brings together the knowledge, skills and resources of people in the Pine River Valley to increase our collective power and bring about positive social change resulting in healthy, thriving Pine River Valley communities.

- BK4K Food Backpacks
- Freecycle Clothing and Housewares
- Youth Leadership
- Weekly Food Share

**Contact Info:**

658 S East Street (office), Bayfield, CO 81122  
970-884-6040 • [www.pinerivershares.org](http://www.pinerivershares.org)

## QPR – Question, Persuade, Refer (Online Suicide Prevention Training)

*Serving La Plata County members*

**Program:** How to Question, Persuade and Refer someone who may be suicidal. How to get help for yourself or learn more about preventing suicide. The common causes of suicidal behavior. The warning signs of suicide. How to get help for someone in crisis. Call the Southern Ute Behavioral Health Division about signing up for free QPR training, 970-563-4581.

**Contact Info:**

Southern Ute Health Center – Behavioral Health Division  
356 Ouray Dr., Ignacio, CO, 81137  
970-563-4581

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## Riverhouse Children's Center Inc.

*Serving La Plata County members*

**Programs:** Benefits of early childhood education reach far beyond the preschool years. On average a person who attended a quality early childhood preschool earn more than those who did not, are more likely to graduate, own homes, and refrain from getting in trouble with the law.

- Education
- Youth Development
- Education

LGBTQ+ Trained

**Search Tags:** Early Childhood, Preschool, Tuition Assistance, Infants & Toddlers, Preschool, Childcare, children

**Contact Info:**

742 Florida Road, Durango, CO 81301  
970-247-0204

## Safe2Tell

*Serving Nation-wide*

**Program:** Anonymously report anything that concerns or threatens you, your friends, your family or your community. Report child abuse or neglect. You can call or report online. Child abuse, neglect, threats to you, family or friends.

LGBTQ+ Trained

**Contact Info:**

Colo. Office of the Attorney General: Colo. Dept. of Law,  
Judicial Bldg., 1300 Broadway, 6th Floor, Denver, CO 80203  
1-877-542-7233 • 720-508-6800 • [safe2tell.org](http://safe2tell.org)  
Email: [info@safe2tell.org](mailto:info@safe2tell.org)

## San Juan Basin Health Department

*Serving La Plata County members*

**Program:** Provides a variety of healthcare services for women and children including family planning, pre-natal advocacy, WIC, immunizations, services for children with special needs, and medical care coordination. Sliding scale and payment plans are available. Can assist with applying for Medicaid and health insurance. Se habla Espanol.

**Contact Info:**

970-247-5702 • [sjbhd.org](http://sjbhd.org)

## Second Wind Fund of the Four Corners

*Serving La Plata County members*

**Program:** Suicide prevention. Assistance to help families connect to a therapist and financial assistance for treatment. Second Wind Fund believes that every child and youth at risk of suicide should have access to the mental health treatment they need. We match children and youth at risk for suicide with licensed therapists in their communities. If a financial or social barrier to treatment is present, we pay for up to 12 sessions of therapy from one of our specialized network providers. Our unique program helps referred youth discover hope and healing in their lives.

LGBTQ+ Trained

**Contact Info:**

Second Wind Fund, 899 Logan St, Suite 208, Denver, CO 80203  
720-962-0706

Referral Line: 303-988-2645

Fax: 720-962-0821

[www.thesecondwindfund.org](http://www.thesecondwindfund.org)

## Senior Services – Nutritional Lunch Program

*Serving La Plata County members*

**Program:** Provides wholesome, nutritionally balanced meals a year to seniors in Durango, Bayfield, and Ignacio and Allison/Arboles area. Reservations are necessary by 9:30 a.m. the day you wish to attend. The salad bar is available at 11 a.m. and lunch is served promptly at noon. The suggested donation is \$4 for seniors 60 + and a \$7 fee for those under 60.

**Contact Info:**

- **La Plata Senior Center:** 2424 Main Ave. Durango, CO 970-382-6445
- **Pine River Senior Center:** 111 Southwest St., Bayfield, CO 970-884-5415
- **Ignacio Senior Center:** 15345 Hwy 172, Ignacio, CO 970-563-4561
- **Tara Community Center – Allison/Arboles:** 333 Milton Lane 970-563-4561

[www.sococaa.org/senior-center/meals](http://www.sococaa.org/senior-center/meals)



Photo: Robert L. Ortiz, The Southern Ute Drum



## Sexual Assault Services Organization (SASO)

*Serving La Plata County members*

**Program:** Support victims and survivors of sexual assault in their healing journey. 1 in 4 women and 1 in 17 men in Colorado experience sexual violence during their lifetime. Join us as we provide healing advocacy and prevention education to our community to stop sexual violence before it happens.

- Civil Rights, Social Action & Advocacy
- Mental Health & Crisis Intervention
- Education

**Search Tags:** sexual assault, sexual violence, prevention education, rape, trauma, support groups, child sexual abuse, girls, women, men, healthy relationships, communication, community activism, crisis response, crisis intervention, empowering women, empowering girls, empowering boys

**Contact Info:**

701 Camino del Rio, Suite 312, Durango, CO 81301  
970-259-3074 • [www.durangosaso.org](http://www.durangosaso.org)

## Social Security

*Serving US Citizens Nation-wide*

**Program:** Retirement benefits and benefits for persons with disabilities.

**Contact Info:**

Local Office: 888-472-6115  
24-hour recorded information and service: 800-772-1213  
[www.ssa.gov](http://www.ssa.gov)

## Southern Colorado Community Action Agency, Inc. (SoCoCAA)

*Serving La Plata County members*

**Program:** Most SoCoCAA programs serve the community of Ignacio, Colorado, where SoCoCAA is headquartered. However, some programs operate across Southern Colorado. One SoCoCAA division, The Training Advantage, operates in three workforce areas in partnership with the Colorado Workforce Center system. Road Runner Transportation operates throughout La Plata County and between Durango and Grand Junction, CO.

- Ignacio Senior Center
- Ignacio Youth Services
- Road Runner Transportation
- The Training Advantage
- Ignacio Early Learning Center
- SoCoCAA Treatment Services

**Contact Info:**

Administration: 535 Candelaria Drive, P.O. Box 800, Ignacio, CO 81137  
Phone: 970-563-4517  
Fax: 970-563-4504  
[www.sococaa.org](http://www.sococaa.org)



Photo: Robert L. Ortiz, The Southern Ute Drum

## Southern Ute Food Distribution Program – USDA

*Serving Native Americans and others*

**Program:** The mission is to provide commodity foods to low-income Southern Ute household members living on and near the Southern Ute Indian Reservation. The program provides commodity foods to other low-income Native American households residing in approved service areas on and near the reservation. Food assistance, low income households. please call if you qualify.

**Contact Info:**

970-563-2531

[www.southernute-nsn.gov/tribal-services/food-distribution-program](http://www.southernute-nsn.gov/tribal-services/food-distribution-program)



Photo: Jeremy Wade Shockley, The Southern Ute Drum

## Southern Ute Social Services

*Serving Native Americans and others*

**Program:** To provide quality social services in a respectful and culturally sensitive manner. The promotion of individual family and community safety, unity, and stability is a priority which shall be supported in a compassionate manner by the entire staff through the identification of strengths, the support of positive changes, and the provision of protective service for all at-risk adults, elders, and children pursuant to the provisions of the Southern Ute Indian Tribal Court and any other lawful orders of a court of competent jurisdiction.

The Division encourages empowering people to achieve economic and social self-determination. The Division serves each individual with respect and recognition of every person's natural right to dignity and worth.

- **Adult Protection:** Services are provided to adult at-risk population who are abused, neglected, or exploited.
- **Child Protection:** Services are provided to those children who are abused, neglected, and endangered.
- **Family Preservation:** Provides intervention and support for parents and children experiencing problems at home.
- **Foster Parent Program:** Foster parents are recruited, trained, and compensated to provide out-of-home placement.
- **Indian Child Welfare Services:** Provides protection for Tribal children involved in the State child welfare system.
- **General Assistance:** Provides financial assistance to those who qualify.
- **Referral:** Refers clients to appropriate local resources.
- **Administration:** Provides services to Division staff within the Division itself.

LGBTQ+ Trained

**Contact Info:**

PO Box 737, Ignacio, CO 81137 • 970-563-2331

[www.southernute-nsn.gov/tribal-services/social-services-division](http://www.southernute-nsn.gov/tribal-services/social-services-division)

## Southwest Center for Independence

*Serving La Plata County members*

**Program:** People with disabilities providing supports and training for the disability and elder communities to live well in southwest Colorado. Give the gift of independence! One in five Americans becomes disabled or experiences a chronic condition that interferes with our ability to live the lives we want. Make a real impact on the lives of people with disabilities who want to be more independent and more included in their communities.

- Human Services
- Civil Rights, Social Action & Advocacy
- Human Services

**Search Tags:** disability, independence, support groups, deinstitutionalization, integration, inclusion, independent living, self-advocacy, barriers, aging, youth with disabilities, accessible transportation

**Contact info:**

3473 Main Ave #23, Durango, CO 81301  
970-259-1672 • [www.swindependence.org](http://www.swindependence.org)

## Southwest Colorado Workforce Center

*Serving La Plata County members*

**Program:** Helps with unemployment, workers compensation, and government benefits.

**Contact Info:**

331 S. Camino Del Rio #C, Durango, CO 81301  
970-247-0308 • [www.connectingcolorado.com](http://www.connectingcolorado.com)  
[www.unemploymentofficelocations.net](http://www.unemploymentofficelocations.net)

## Southwest Rainbow Youth/ Ignacio Out and Equal Alliance

*Serving La Plata County members*

To support, empower, educate, and advocate for the LGBTQ+ youth of the Ignacio area by providing a safe and exclusive environment. LGBTQ+, Youth, Allies, support.

LGBTQ+ Trained

**Contact Info:**

Email: [swrainbowyouth@gmail.com](mailto:swrainbowyouth@gmail.com)  
[www.facebook.com/pg/swrainbowyouth](https://www.facebook.com/pg/swrainbowyouth)  
[www.ignaciooutandequal.org](http://www.ignaciooutandequal.org)

## Suicide Prevention Resource Center – American Indian/Alaska Native Setting

*Serving Native Americans and others*

**Program:** Suicide prevention is a high priority for people working to promote wellness and reduce health disparities affecting American Indians and Alaska Natives (AI/AN). Drawing on strengths within Native traditions, community leaders and experts are developing models that are culturally based to promote mental health and prevent suicide for future generations. Suicide prevention and support.

LGBTQ+ Trained

**Contact Info:**

National Suicide Prevention Lifeline: 1-800-273-8255  
Deaf/hard of hearing: 1-800-799-4889 text HOME to 741741  
[www.sprc.org/settings/aian](http://www.sprc.org/settings/aian)



## SunUte Community Center

**Program:** Offering a community hub for fitness, special events, sporting events and recreational hangout for everyone of all ages. To serve the Southern Ute tribal membership and surrounding communities with a safe and welcoming environment by offering quality customer service and knowledgeable staff.

**Contact Info:**

290 Mouache Circle, P.O. Box 737, Ignacio, CO 81137  
970-563-0214 • [www.sunute.com](http://www.sunute.com)

## Supplemental Nutrition Assistance Programs (SNAP)

*Serving La Plata County members*

**Program:** Nutrition assistance to millions of eligible, low-income individuals and families. SNAP benefits are dispersed on EBT cards, which are used in a similar manner to a debit card. Benefits can be used to purchase eligible foods (such as dairy, bread, produce, and meat) at authorized retailers. Apply at <https://coloradopeak.secure.force.com/> or through the Department of Human Services La Plata County. Allow up to 30 days for processing, application and interview.

**Contact Info:**

970-385-5095 ext. 3  
[services@mannasoupkitchen.com](mailto:services@mannasoupkitchen.com)  
[www.mannasoupkitchen.org/snap-assistance-outreach](http://www.mannasoupkitchen.org/snap-assistance-outreach)

## TAKE 5

*Serving Nation-wide*

**Program:** More people in the world die from suicide than by war and murder combined. September 10 is World Suicide Prevention Day, and you can make a difference. By taking 5 minutes to get involved and become informed, you will be part of a worldwide movement to save lives.

**Contact Info:**

National Suicide Prevention Lifeline: 1-800-273-8255  
Deaf/hard of hearing: 1-800-799-4889 text HOME to 741741  
[www.take5tosavelives.org](http://www.take5tosavelives.org)

## Text Crisis Line

*Serving Nation-wide*

**Program:** Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of Crisis Text Line's Crisis Counselors are volunteers, donating their time to helping people in crisis. Suicide prevention, crisis, problem solving.

**Contact Info:**

Text HOME to 741741  
[www.crisistextline.org](http://www.crisistextline.org)



Photo: Robert L. Ortiz, The Southern Ute Drum

## The Arc of Southwest Colorado

*Serving La Plata County members*

**Program:** The Arc receives funds through Colorado Gives to support our programming to continue our work of advocating for children with disabilities and their families with the goal to ensure they are educated in the least restrictive environment.

- Civil Rights, Social Action & Advocacy
- Human Services
- Education
- Advocacy for people with intellectual and developmental disabilities

**Contact Info:**

1199 Main Ave, Suite 216, Durango, CO 81301  
970-422-2271 • [thearcofswco.org](http://thearcofswco.org)

## The Emotional PPE Project

**Program:** Are you a healthcare worker? Has your mental health been impacted by the COVID-19 crisis? Please log onto the website to find a licensed mental health professionals who can help. No cost. No insurance. Just a trained professional to talk to.

**Contact Info:**

[www.emotionalppe.org](http://www.emotionalppe.org)

## The Trevor Project

**Program:** Providing confidential support for LGBTQ youth in crisis, 24 hours a day, 7 days a week. A national, 24-hour, toll free confidential suicide prevention service for LGBTQ youth. Here For You 24/7. Crisis Intervention. Suicide Prevention. Volunteer & Save Lives.

**Contact info:**

866-488-7386 • [www.thetrevorproject.org](http://www.thetrevorproject.org)

## USDA Commodities

*Serving La Plata County members*

**Program:** Through the Durango Food Bank. Every 3rd Monday of month (weather permitting) at La Plata County Fairgrounds exhibit hall from 9 AM until food runs out (around 11 a.m.). Bring proof of La Plata County residency, picture ID, bags/boxes. See Durango Food Bank on page 7.

## USDA Free and Reduced School Lunch Program

*Serving La Plata County members*

**Program:** Children from qualifying households can receive free or reduced cost for school lunches. Application guidelines vary between school districts. You must file a new application each August using the current year's form. Families can reapply if status changes during the year.

- **Free:** Children from families with incomes at or below 130 percent of the poverty level.
- **Reduced:** Children from families with incomes between 130 percent and 185 percent of the poverty level; reduced-price meals and are charged no more than 40 cents.

**Durango Backpack Program:** Provides nutritious meals to children 7 days a week, children who qualify for free and reduced lunch can also receive a backpack filled with food to take home each weekend. This program is provided in partnership through Durango 9R and the Manna Soup Kitchen. Speak with school administration to learn more.

- **Durango 9R:** East 12th Street, Durango, CO 81301  
970-247-5411 • [www.durangoschools.org](http://www.durangoschools.org)
- **Ignacio 11JT:** 455 Becker St., Ignacio, CO 81137  
970-563-0500 • [www.ignacioschools.org/](http://www.ignacioschools.org/)
- **Bayfield 10 JT-R:** 24 Clover Dr., Bayfield, CO 81122  
970-884-2496 • [www.bayfield.k12.co.us](http://www.bayfield.k12.co.us)

# Veterans Crisis Line

*Serving Nation-wide*

**Program:** If you are a Service member or Veteran in crisis or you're concerned about one, there are specially trained responders ready to help you, 24 hours a day, 7 days a week, 365 days a year. The crisis line connects Service members and Veterans in crisis, as well as their family members and friends, with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text-messaging service. Suicide prevention, crisis, problem solving.

- Take a self-check quiz at [VeteransCrisisLine.net/Quiz](https://VeteransCrisisLine.net/Quiz) to learn whether stress and depression might be affecting you.
- Find a VA facility near you.
- Visit [MilitaryCrisisLine.net](https://MilitaryCrisisLine.net) if you are an active duty Service member, Guardsman, or Reservist.
- Connect through chat, text, or TTY if you are deaf or hard of hearing.

## Contact Info:

Dial 1-800-273-8255 and Press 1 to talk to someone.  
Send a text message to 838255 to connect with a VA responder

Start a confidential online chat session at  
[VeteransCrisisLine.net/Chat](https://VeteransCrisisLine.net/Chat)

# Vocational Rehabilitation Program of Southern Ute Tribe

*Serving Native Americans*

**Program:** Designed to provide vocational rehabilitation services including culturally appropriate services to American Indians with disabilities who reside on or near the Southern Ute Indian Reservation. Services provided are consistent with such eligible individual's strengths, resources, priorities, concerns, abilities, capabilities, interests, and informed choice so that such individuals may prepare for and engage in high-quality employment that will increase opportunities for self-sufficiency.

**Example Services Provided:** If you are eligible to participate in SUIVR Program, you may receive support in the following: Vocational counseling. Vocational evaluation and/or career exploration. Job-seeking skills. Job development. Physical or technical aids needed to accommodate a disability in the workplace. Tools and equipment. Other Federally approved services needed to find and/or keep a job.

## Contact Info:

Southern Ute Tribe: Moache-Capote Bldg. Ignacio, CO 81137  
970-563-4730  
[www.southernute-nsn.gov/tribal-services/vocationalrehab](https://www.southernute-nsn.gov/tribal-services/vocationalrehab)



Photo: Robert L. Ortiz, The Southern Ute Drum



## Western Colorado 2-1-1

*Serving La Plata County members*

**Program:** Every hour of every day, hundreds of people need essential human services—they are looking for training, employment, food pantries, help for an aging parent, addiction prevention programs for their teenage children, affordable housing options, support groups and ways of becoming part of their community. 2-1-1 allows people to give help and to get help. Region 4 of the Colorado 2-1-1 call centers serves Archuleta, Delta, Dolores, Eagle, Garfield, Gunnison, Hinsdale, Lake, La Plata, Mesa, Montezuma, Montrose, Ouray, Pitkin, San Juan, and San Miguel Counties. 2-1-1 is the National abbreviated dialing code for FREE access to health and human services information and referral. Our goal is to help those with limited resources locate the programs in their area to assist them in their time of need for services such as food, financial assistance, home health services, transportation, medical and dental services to help cut through the confusion of calling agency after agency to locate the appropriate assistance.

**Contact Info:**

Text zip code to 898-211 or dial 211  
[www.211.org](http://www.211.org)



Photo: Robert L. Ortiz, The Southern Ute Drum

## Women, Infants, and Children (WIC)

*Serving La Plata County members*

**Program:** Women, Infants, and Children (WIC) provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and for infants and children (to age 5). Information about eligibility can be found at <https://www.colorado.gov/cdphe/wic-eligibility>.

**Contact Info:**

- **Durango:** 281 Sawyer Dr., Durango, CO 81303  
970-335-2026
- **Pagosa Springs:** 502 S. 8th St., Pagosa Springs, CO 81147  
970-264-2409

[www.sjbpublichealth.org/wic](http://www.sjbpublichealth.org/wic)

## Women's Resource Center Durango

*Serving La Plata County members*

**Program:** Creates personal, social and professional growth opportunities for all women in La Plata County. We are an open door center that seeks to enhance lives through resources and programs that improve the health and overall economic vitality of our region.

- Human Services
- Education
- Employment

**Search Tags:** Women's Issues, Women's Empowerment, Advocacy for Women

**Contact Info:**

679 E. 2nd Ave., Unit #6, Durango, CO 81301  
970-247-1242 • [www.wrcdurango.org](http://www.wrcdurango.org)

# Southern Ute Behavioral Health Division COLORADO DEPT. OF HUMAN SERVICES

## Colorado Community Response (CCR)

**Program:** A voluntary program that provides prevention services to families who have been referred to the child welfare system, but ultimately are not required to engage in services. CCR helps families with goal setting, resources, one-time financial assistance, financial coaching and building family relationships.

### Contact Info:

Aaron Miller  
303-866-5227 • [aaronc.miller@state.co.us](mailto:aaronc.miller@state.co.us)

**Programs Accessible to Tribes:** Currently, we have not had any Tribes apply for CCR funding. We do have CCR services available for families who have been screened out or closed after assessment in Dolores, Montezuma, La Plata, and Archuleta counties. To receive services the family must be referred from child welfare to the program provider agency.

**Training Topics:** Protective Factors, Impact of Substance use on Families. Motivational Interviewing: Avani Dilinger; Drug Recognition; Financial Empowerment: Shawn Young.

## Colorado Project LAUNCH (COPL)

**Program:** COPL Improves and strengthens the early childhood system by increasing the coordination of key child-serving systems, the expertise of behavioral health providers in primary care and other local programs, and access to and availability of evidence-based prevention and wellness promotion practices that support young children from birth to age 8 and their families.

### Contact Info:

Ann Bruce  
303-866-6899 • [ann.bruce@state.co.us](mailto:ann.bruce@state.co.us)  
[www.healthysafechildren.org/grantee/project-launch/colorado-project-launch](http://www.healthysafechildren.org/grantee/project-launch/colorado-project-launch)

**Training Topics:** Family Engagement; integration of mental health in primary care Communications Toolkit training-should be available via local Early Childhood Council. Can notify tribes when trainings are available.

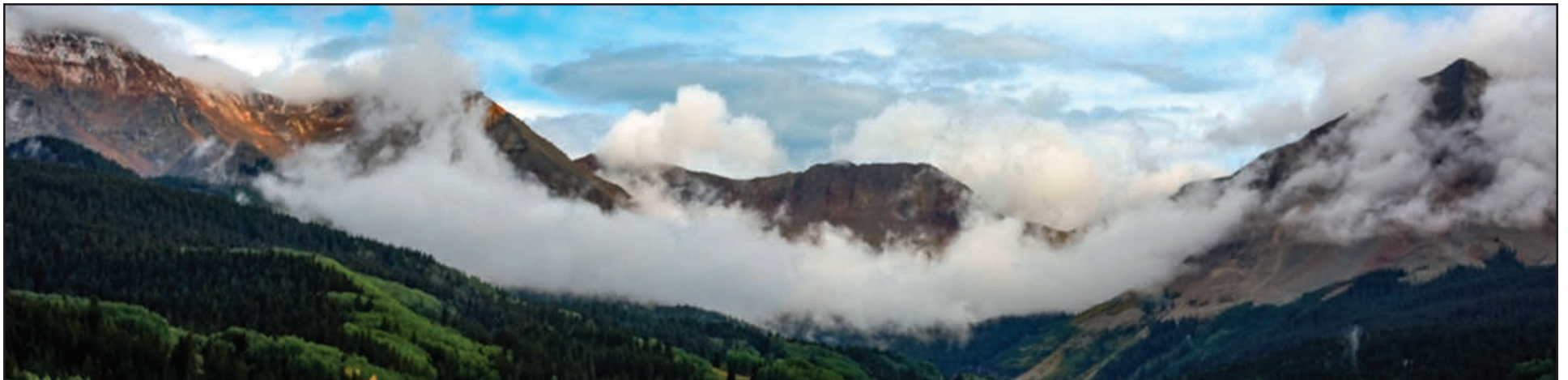


Photo: Trennie Collins, The Southern Ute Drum

# Colorado State Child Welfare Contract

**Program:** Services to the children, youth and their families for the following goals: 1) Focus on the family strengths by directing intensive services that support and strengthen the family and/or protect the child/youth; 2) Prevent out-of-home placement of the child/youth; 3) Return the children/youth in placement to their own home; 4) Unite the children/youth with their permanent families; 5) Promote the stability of children and youth in their own homes; and 6) Protect children/youth from neglect and harm.

## Contact Info:

Southern Ute Division of Social Services – Division Head  
970-563-2339  
[www.southernute-nsn.gov/tribal-services/social-services-division](http://www.southernute-nsn.gov/tribal-services/social-services-division)

**Training Topics:** Child welfare services include but not limited to: child protection, permanency planning, case management, emergency shelter, early intervention and prevention, home based intervention, life skills, sexual abuse treatment, substance abuse treatment services to assist in the family service plan, risk assessment, treatment planning, adoption and subsidized adoption, out-of-home placement, including foster care, youth-in-conflict functions, intensive family therapy, day treatment, mental health services

**Programs Accessible to Tribes:** Funding available through Southern Ute Indian Tribe and Ute Mountain Ute Indian Tribe.

## Early Childhood Council of La Plata County (La Plata)

### Contact Info:

Heather Hawk, Director  
970-247-0760 • [heatherh@ecclaplata.org](mailto:heatherh@ecclaplata.org)  
<http://ecclaplata.org>

# Early Care and Learning

## Contact Info:

- **Carin Rosa**  
303-866-6246 • [carin.rosa@state.co.us](mailto:carin.rosa@state.co.us)
- **Deborah Gray**  
303-866-6246 • [deborah.gray@state.co.us](mailto:deborah.gray@state.co.us)

**Programs Accessible to Tribes:** Early Childhood Councils may be able to provide supports as follows: LA Plata Early Childhood Council and Montelores Early Childhood Council

**Training Topics:** Basic Health and Safety for Child Care Homes, Health and Safety Checklist

**Training sponsored by OEC:** Access to PDIS: <https://ecpd.costartstrong.org/ets/welcome.aspx>

## Early Childhood Councils

**Program:** To create a seamless system of early childhood services representing collaboration among various public and private stakeholders for the effective delivery of early childhood services in the areas of early care and education, family support, mental health and health throughout the State. These services support children eight years of age or younger in a manner that is responsive to local needs and conditions.

## Contact Info:

Stacey Kennedy, Director Child Care Quality Initiatives  
303-866-5382 • [Stacey.Kennedy@state.co.us](mailto:Stacey.Kennedy@state.co.us)  
[www.coloradoofficeofearlychildhood.force.com](http://www.coloradoofficeofearlychildhood.force.com)

**Training sponsored by OEC:** Online training is available on the Colorado Shines Professional Development Information System free of charge at [ecpd.costartstrong.org/ets/welcome.aspx](http://ecpd.costartstrong.org/ets/welcome.aspx)



## Early Childhood Leadership Commission (ECLC)

**Program:** Colorado's state advisory council for early childhood. To be a statewide leader, subject matter expert and champion of best and promising practices throughout the state.

**Contact Info:**

Kristina Mueller  
303-866-5223 • [kristina.mueller@state.co.us](mailto:kristina.mueller@state.co.us)  
[www.earlychildhoodcolorado.org](http://www.earlychildhoodcolorado.org)

**Programs Accessible to Tribes:** All ECLC meetings are available online and by conference call; contact Kristina if you'd like to get involved with any of the subcommittees.

**Training Topics:** ECLC Coordination/Systems Building.

**Training sponsored by OEC:** General program expectations, collaboration with other Community Agencies.



Photo: The Southern Ute Drum archive

## Early Childhood Mental Health Specialists

### (State General Funds and Child Care Development Funds)

**Program:** A free and voluntary program for parents, guardians and child care providers. Involves building the knowledge and skills of the early care and learning providers, supporting best practices for social and emotional development, and the importance of timely childhood mental health support, especially for those children at higher risk because of behavioral difficulties and disabilities. Focuses on prevention and early identification of concerns or problems that could lead to greater challenges, and can provide support when a child is at risk of expulsion or disenrollment from a child care program.

**Contact Info:**

Connie Fixsen  
303-866-4393 • [connie.fixsen@state.co.us](mailto:connie.fixsen@state.co.us)

**Programs Accessible to Tribes:** Early Childhood Mental Health consultation through the Early Childhood Mental Health Specialists program is currently being provided to the Ute Mountain Ute tribe. The Southern Ute tribe can access Early Childhood Mental Health consultation by contacting the contracted agency in their area.

**Training Topics:** Early Childhood Mental Health Specialists program overview; resources for providers and parents, early childhood assessments, working with providers, child care classroom climates and social emotional practices.

**Training sponsored by OEC:** Social emotional skills, working with challenging behaviors, specific parenting classes such as Incredible Years, self-care for providers and parents. Webinars and other online and in person training.

## Early Intervention Services

**Program:** Provides developmental supports and services to families with children birth through 2 years of age who have developmental needs. Early Intervention (EI) services can help improve a child's ability to develop and learn. The EI Colorado program provides services to help families support the developmental needs of their children.

**Contact info:**

Christy Scott  
303-866-2664 • Christy.Scott@state.co.us  
www.coloradoofficeofearlychildhood.force.com

**Programs Accessible to Tribes:** Provides individualized services and supports to infants and toddlers with developmental delays or disabilities. There is eligibility criteria for this program. Supports and services are determined through the process of developing an Individualized Family Service Plan (IFSP).

Local early intervention: Community Centered Board (CCB)  
Contact: Community Connections, Trish Peters 325 Pine St Cortez, CO 81321, cell-970-560-1360, Email:trish@cci-colorado.org

**Training Topics:** Identifying “red flags” for children at risk of developmental delays, talking with parents about their child's development, inclusion and strategies for supporting children with special needs in their community and developing friendships. Talking with parents about developmental concerns, conversational interviewing, strengths-based language and supports. Making a referral to Early Intervention, Early Intervention 101 (what Is Early Intervention)

**Training sponsored by OEC:** Early Intervention's Colorado Interagency Coordinating Council is required to have tribal representation.

## Family Resource Center Program (FRC)

**Program:** Provide a safe, accessible place to connect with comprehensive, coordinated services that help families connect with comprehensive, coordinated services to help strengthen families

**Contact Info:**

Kendra Dunn  
Kendra.Dunn@state.co.us

**Training Topics:** Strengthening Families Protective Factors, Stewards of Children, Nurturing Healthy Sexual Development, Impact of Substance Use on Families, Colorado Child Maltreatment Prevention Framework for Action, ECCP Shared Messaging Bank and Framing, Family Support 101

**Training sponsored by OEC:** National Standards of Quality for Family Strengthening and Support/FRCA.



Photo: Jeremy Wade Shockley, The Southern Ute Drum



## Forward Together Colorado

**Program:** A collaboration between the Colorado Department of Public Health and Environment (CDPHE) and Colorado Department of Human Services (CDHS), Forward Together helps parents and teens become more connected. We'll provide you with research and information on youth development, tips for parents and caregivers, and stories from other parents about how they're connecting with their teens.

**Contact Info:**

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

## Head Start – Early Childhood Learning & Knowledge Center

**Program:** Provides wide-ranging services for low-income children from birth to elementary school at no cost. The program is child-centered, family-focused and community-based. Head Start encourages the role of parents as their child's first and most important teachers

**Contact Info:**

Heather Craiglow

303-866-4804 • [heather.craiglow@state.co.us](mailto:heather.craiglow@state.co.us)

<https://eclkc.ohs.acf.hhs.gov>

## Home Visitation Programs – Nurse Family Partnership

**Program:** A free, voluntary program that pairs first-time low-income mothers with highly trained nurses. Your nurse will visit you in your home or a place of your choosing from pregnancy until your baby turns two years old. Your nurse provides support and education through pregnancy and coaching on child health and development.

**Contact Info:**

Jennifer Orlando

303-866-5943 • [Jennifer.Orlando@state.co.us](mailto:Jennifer.Orlando@state.co.us)

[www.nursefamilypartnership.org](http://www.nursefamilypartnership.org)

**Programs Accessible to Tribes:** NFP is offered to the Southern Ute Tribe utilizing the program at San Juan Basin Public Health Department (contact [PFord@sjbpublichealth.org](mailto:PFord@sjbpublichealth.org)). Nurse Family Partnership is offered to the Ute Mountain Ute utilizing the program at Montezuma Public Health Department (contact [aduran@co.montezuma.co.us](mailto:aduran@co.montezuma.co.us))

**Training sponsored by OEC:** Domestic Violence Screening and Resources could be provided by Julie Becker [julie.becker@state.co.us](mailto:julie.becker@state.co.us) Healthy Sexual Development Training could be provided by Jennifer Orlando [jennifer.orlando@state.co.us](mailto:jennifer.orlando@state.co.us)



Photo: Robert L. Ortiz, The Southern Ute Drum



## Home Visitation Programs – Parents As Teachers (PAT)

**Program:** PAT is a free, voluntary parent education and family support program serving families from pregnancy until kindergarten. PAT pairs Parent Educators with families to ensure school readiness and healthy child development.

**Contact Info:**

Mary Alice Cohen  
303-866-6023 • [MaryAlice.Cohen@state.co.us](mailto:MaryAlice.Cohen@state.co.us)  
[www.parentpossible.org/pat](http://www.parentpossible.org/pat)

**Training Topics:** Parents As Teachers is offered to the Southern Ute via La Plata Family Centers Coalition (LPFCC) (contact: [mariel@lpfcc.org](mailto:mariel@lpfcc.org)). Parents As Teachers is offered to the Ute Mountain Ute by The Pinon Project (Family Resource Center) (contact: 970-564-1195) Neither of these agencies are funded by the Office of Early Childhood.

**Training sponsored by OEC:** Strengthening Families Framework.

## Montelores Early Childhood Council (Montezuma and Dolores)

**Contact Info:**

Vangi McCoy, Director  
970-564-3211 • [mecc.coordinator@gmail.com](mailto:mecc.coordinator@gmail.com)  
<http://monteloresecc.org>

## Native Wellness Institute

**Program:** The Native Wellness Institute recognizes the great impacts of historical trauma and oppression on our people. We understand that historic trauma has caused current day trauma in our families and communities. This is evident by the high rates of substance abuse, violence, gossip, negativity, poverty and other destructive behaviors and conditions.

To help create an awareness of where our negative behavior comes from, provide opportunities for growth and healing and most importantly to help our people move forward in a good way.

**Contact Info:** [www.nativewellness.com/resources.html](http://www.nativewellness.com/resources.html)

## Promoting Safe & Stable Families

**Program:** Aligned with the broad federal policy goals of safety, permanency and well-being, particularly maintaining children in their own homes, providing families with enhanced capacity to provide for their children's needs, and facilitating timely exits from foster care to reunification, adoption or guardianship.

**Contact Info:**

Jill Jordan  
303-866-3796 • [Jill.Jordan2@state.co.us](mailto:Jill.Jordan2@state.co.us)  
[www.pssfnet.com](http://www.pssfnet.com)

**Programs Accessible to Tribes:** PSSF funding is offered to Ute Mountain Ute Tribe and Southern Ute Tribe. SW regional PSSF program contact information: Pinon Project, Kellie Willis, [Kwillis@pinonproject.org](mailto:Kwillis@pinonproject.org)

**Training Topics:** Program Overview; Access to web-based training systems CWTS; Access to Fatherhood Program resources; Respite care coalition and respite program information

**Training sponsored by OEC:** Healthy Relationships, reporting, accounting/invoices, contracts

# SafeCare

**Program:** A free, voluntary parent support program for parents and caregivers with children ages five and under who need extra support to help keep their families safe and healthy. Parent support providers help build on existing skills in the area of parent-child interaction, home safety and child health.

**Contact Info:**

- **Julia Blomberg**  
303-866-4291 • [julia.blomberg@state.co.us](mailto:julia.blomberg@state.co.us)
- **Sharon Pellegrum**  
Montezuma County Public Health SafeCare Supervisor  
970-564-4780

[SafeCare.CO4Kids.org](http://SafeCare.CO4Kids.org)

**Training Topics:** Support the local programs in delivering SafeCare program overview, eligibility, referral process.

**Training sponsored by OEC:** None other than those already suggested by others.



**Notes:** \_\_\_\_\_

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*We know there's more resources out there. If we missed any, please send information to [prcollins@southernute-nsn.gov](mailto:prcollins@southernute-nsn.gov).*

## Thank you ...

- The Southern Ute Indian Tribe
- Substance Abuse and Mental Health Services Administration (SAMHSA) and the Native Connections Program
- Southern Ute Tribal Health Department and Behavioral Health Division
- SunUte Community Center
- Southern Ute Cultural Preservation Department
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- Guide Design by Robert L. Ortiz, The Southern Ute Drum
- Printing by BASIN Printing & Imaging

... and to all those who helped make this guide possible.

# **“Mental Health is Health”**

## **Quick Mental Health Crisis Guide**

**24/7 Axis Crisis Line (SW Colorado) • 970-247-5245 or Text 741741**

**24/7 Colorado Crisis Line (State) • 844-493-8255**

**24/7 New Mexico Crisis Line (State) • 855-662-7474**

**24/7 The Trevor Project LGBTQ+ (National) • 866-488-7386**

**Man Therapy (National) • ManTherapy.org**

**Southern Ute Health Center  
Behavioral Health Division (Ignacio) • 970-563-4581**

**Southern Ute Division of Social Services (Ignacio) • 970-563-2331**

## **Quick Apps**

- **Unity Wellness Warrior**
- **SAMHSA They Hear You**
- **SAMHSA Suicide Safe**

