

## YOUTH RESOURCES

### **SUMMIT COUNTY TEEN CENTER: THE DROP**

A place for teens to hang out and participate in scheduled and informal activities.

<https://www.summitcountyco.gov/1046/Teen-Center>

Naaila Ahmad at 970-668-9182

### **YESS**

YESS is a youth led group dedicated to creating positive change in Summit County. Members get together regularly to work on various community based projects of their choice.

<https://sites.google.com/view/summitcountyctc/yess>

Mandi Kennedy: 970-668-4035 [mandi.kennedy@summitcountyco.gov](mailto:mandi.kennedy@summitcountyco.gov)

### **UPRISE**

A work group for Summit youth to focus on mental health and substance use through social justice. They meet every Wednesday at 6:30pm on Zoom

Lauren Gearhart: 419-409-1239 [lauren.gearhart@summitcountyco.gov](mailto:lauren.gearhart@summitcountyco.gov)

### **MOUNTAIN DREAMERS**

Mountain Dreamers is a group of Mountain locals: Dreamers, DACA recipients, Immigrants, Non-immigrants and their Families & Friends. Their priority is supporting Summit County's Immigrant Community and their Families, and advocating for the rights guaranteed to them as U.S. residents under our Constitution.

<https://www.mountaindreamers.org/>

### **BUILDING HOPE: THE HYPE**

The HYPE is a Building Hope youth connection program providing free activities and events for Summit youth ages 12-20 to combat social isolation.

<https://buildinghopesummit.org/events>

Sign up on Building Hope's website or reach out to Carol [carol@buidlighopesummit.org](mailto:carol@buidlighopesummit.org)

### **SPEAK UP REACH OUT**

SpeakUp ReachOut is a group of individuals who are dedicated to providing suicide prevention, intervention and loss support services to those in need. Services offered include: suicide prevention/awareness education, community connection events, and suicide loss support services.

<https://www.speakupreachout.org/>

844-493-8255

## **ENVISION YOU**

The mission of Envision:You is to support, educate, and empower members of Colorado's LGBTQ+ (lesbian, gay, bisexual, transgender, and queer/questioning) community who are living with a mental health and/or substance use disorder.

<https://www.envision-you.org/>

## **CLUB FORGET ME NOT**

Promotes coping mechanisms, community, and working family dynamics for children who have experienced the death of an immediate family member, through outdoor intentional therapeutic activities and building psycho-social connections.

<http://clubforgetmenot.org/>

Stacy Smith: [stacy@campforgetmenot.org](mailto:stacy@campforgetmenot.org)

## **BUILDING HOPE SCHOLARSHIP PROGRAM**

The Building Hope Scholarship program was created to improve access to mental health care for residents of Summit County. Residents who are experiencing a financial hardship can apply for a Building Hope Scholarship Voucher and receive up to 12 sessions of therapy.

If you have questions about the program or would like to apply, please contact:  
English speakers: Ravi Jaishankar at 970-485-6269 (office) 970-389-1151 (cell)

or [ravi@buildinghopesummit.org](mailto:ravi@buildinghopesummit.org)

Spanish Speakers: Milena Quiros at 970-485-6257 (office) 970-333-1889 (cell)

or [milena@buildinghopesummit.org](mailto:milena@buildinghopesummit.org)

## **MENTAL HEALTH NAVIGATION**

A mental health navigator can help you if you are seeking access to mental health support and are encountering multiple barriers to receiving care. A mental health navigator does not provide therapy, but can help you find affordable therapy and prescriptions, access drug or alcohol treatment, find community resources and support groups, facilitate communication between mental health providers, and more.

<https://www.summitfirc.org/assistance/mental-health-navigation/>

970-262-2888

## **SCHOOL BASED HEALTH CENTERS**

School Based Health Centers provide quality medical care, oral health and behavioral health services at school. If you are struggling or need help you can always reach out to your school counselor

<https://www.summitclinic.org/index.php/care-services/school-based-health-care>

970-668-4040

## **COLORADO MOUNTAIN MEDICAL: INTENSIVE OUTPATIENT PROGRAM**

Colorado Mountain Medical's Intensive Outpatient Program provide more intense outpatient support for individuals with a history of or who may be at risk for: psychiatric hospitalization, people whp have an increase in need that is not met by weekly therapy, anyone coming out of a crisis evaluation or psychiatric hospitalization

<https://www.cmmhealth.org/services/behavioral-health/intensive-outpatient-program>

970-445-2489

## **TAKE A SCREENING**

Concerned about your mental health or the mental health of others?

Take a free, anonymous mental health screening at:

<https://screening.mentalhealth-screening.org/building-hope>

**\*\*Colorado permits a minor 12 years of age or older to consent to recieve mental health services without the consent of a parent or legal guardian.\*\***

### **IF YOU OR SOMEONE YOU KNOW IS HAVING A MENTAL HEALTH CRISIS**

Contact Colorado Crisis Services

Phone: 844-493-8255 | Text: "TALK" to 38255

To Dispatch Summit County's Mobile Crisis Response Team Please Call:

911 and ask for help with a mental health crisis

Safe to tell:

<https://safe2tell.org/> 877-542-7233

## **CHECK US OUT ON SOCIAL MEDIA**



facebook.com/BuildingHopeSummitCounty



@buildinghopesummit