
JEFFERSON COUNTY MEDIATION SERVICES
VOLUNTEER COLLOQUIUM MINUTES
September 17, 2013

Volunteers Present: Peggy Evans, Anita Gilbertson, Georgine Kryda

Staff Present: Mark Loye, Julie Carter, Helena Jo Goldstein and Natasha Alizadeh

I. Welcome:

Mark Loye welcomed everyone to the meeting and asked those present to introduce themselves.

II. Presentation: Jefferson Center for Mental Health
Speaker: Kathy Baur

Jefferson Center for Mental Health (JCMH) is a not-for-profit community mental health center which has been serving Jefferson, Clear Creek, and Gilpin counties since 1958. Their mission is to promote mental health and provide quality mental health services for persons with emotional problems and/or serious mental illness. JCMH provides services that cover the human lifespan- from prenatal mental health through geriatrics. They also offer many free wellness programs, such as yoga and nutrition classes. One main phone number – 303.425.0300 – is used to access all of their services. In addition, a great deal of information can be found on their webpage: www.jcmh.org.

Ms. Baur noted that 1 in 5 people in the US have a mental health problem which affects their family and friends, and their workplace or school. That means all of us are impacted by people with mental health problems.

JCMH has an early intervention program that works with prenatal and postnatal depression. By working with mothers this early, the program helps prevent problems with the newborns, such as failure to thrive, and depression due to lack of connection with the mother. There is also an intensive intervention program for mothers of toddlers. The mothers are observed interacting with their children in the home, and then intensive, wrap-around services are offered (as needed). Counselors go to the home to work with the family, several times during the week for several weeks. Assistance is provided in everything from parenting skills to accessing other services such as Medicaid, and rental assistance. This type of intensive assistance can also be provided in cases where adolescents are coming to the attention of the criminal justice system, sometimes because of behaviors such as vandalism and fire-starting.

JCMH has a number of school based programs. If children receive therapy at the school they attend, they are not dependant on other family members to get them to appointments. By age 12 most behavior is set. Therapy then becomes about teaching the children to manage their behaviors. Overall, JCMH is becoming a more trauma-based organization. A high percentage of people seeking services at the Center have a history of trauma.

The Road is a drop in center for adolescents. Again, JCMH provides wrap-around services. The clients can get assistance with obtaining their GEDs, and with interviewing skills. They can take budgeting classes and cooking classes. They can get help for substance-abuse problems and other mental health issues.

JCMH also offers many services for adults. They have a Same Day Access program, meaning people can be seen the day they call, if they feel they need immediate help. There are various programs offering subsidized therapy/counseling, starting at \$5/hour. The emphasis is on getting people functional. JCMH also works with the Department of Corrections to identify inmates approaching release who have mental health issues that need to be addressed. Senior Reach is a free, specialized program that connects seniors with services. There are also grief counseling and reminiscing programs.

In sum, JCMH really does have a program for every age group!

After a question and answer period, Mr. Loye thanked everyone who attended for participating in the discussion, and wished them a good evening.

IV. Next Colloquium: Tuesday, November 19, 2013, 6:00 – 8:00 p.m. in the Open Space Hearing Room (Ponderosa Room). Topic to be announced - suggestions are welcome.

The meeting was adjourned.

Submitted by: *Helena Jo Goldstein*
Helena Jo Goldstein, Programs Manager

Approved by: *Mark Loye*
Mark Loye, Director