TIWAHE TOUR DE UTE

Ute Mountain Ute Tribe COMMUNITY RESOURCE DIRECTORY

> By SAMHSA Native Connections and Colorado Health Foundation



OCTOBER 2019





The Colorado Health Foundation[™]







Santicola Company

This Tiwahe Tour de Ute Community Resource Directory was made possible by the contributions of the following people and agencies dedicated to improving the quality of lives for children, youth and families of the Ute Mountain Ute Tribe.

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Systems Analysis and Readiness Assessment

The Ute Mountain Ute Tribe has developed a coordinated system of care and has the capacity and readiness to integrate the Native Connections suicide prevention program for youth ages 0–24 into its **Tiwahe Tour de Ute – A Journey of Wellness** program.



BACKGROUND

As part of the President's commitment to protect and promote the development of prosperous and resilient tribal communities, the Bureau of Indian Affairs (BIA) received funding in Fiscal Years 2015 (FY15) – 2020 (FY20) to support and implement a program called the Tiwahe Initiative. Tiwahe (ti wah-hay) means family in the Lakota language and symbolizes the interconnectedness of all living things and one's personal responsibility to honor family, community, and the environment. In 2015, the BIA offered four (4) tribal communities an opportunity to participate in the Tiwahe Initiative. Each Tiwahe Initiative tribal site was given the financial and administrative resources to develop a coordinated service delivery model centered on the needs of the family and community. The Ute Mountain Ute Tribe was selected to participate. Between 2015 and 2019 two additional Tribes were selected to participate.

The Tiwahe Initiative provided the Tribe additional funding to be used for social services and Indian Child Welfare Act (ICWA) purposes, as well as funding to plan, develop and implement a model program that would lead to self-determination. The following timeline and activities were conducted:

2015 - 2016 Planning

2017 - 2018 Development

2019 - 2020 Implementation and Planning for SAMHSA Native Connections

In 2019, the UMUT held a one-day systems design workshop that produced this Community Resource Directory. The focus of the systems design workshop was to further develop systems, processes and technology. As shown in the diagram Integrated System of Care Diagram, the Tiwahe Tour de Ute Office is the One Stop Center for all services to be coordinated. A data management system is being developed by Tribal D to track client services and outcomes. The Tiwahe Tour de Ute Coordinated System of Care contains 3 basic constraints:

- The system has structure and behavior which is designed to achieve a predefined objective that aligns with the goal of Tiwahe to improve the quality of life for all children, youth and families on the UMUT reservation.
- Interconnectivity and interdependence exist among the system components and each grant program and community service uses a common framework with common measure to promote systems integration and success.
- The objectives of Tiwahe Tour de Ute have a higher priority than the objectives of its subsystems.

MENTAL HEALTH AND SUBSTANCE ABUSE PREVENTION

ORGANIZATION	SERVICES	OUTCOMES	WAIT LIST	ELIGIBLE	PAY	CLAS	LGBTIQ Training	HOURS	PUBIC Transit	
CANYON CALLS COUNSELING AND CONSULTING	Trainings on Suicide duties to warn, protect, HIPAA, and mandated	Clinical supervision. Help with confidentiality, legal or ethical concerns.	-	No Requirements	Private pay	×	×	Mon-Fri, 9am-8pm	No	
925 S. Broadway Suite 186 Cortez, CO 81321 970-799-2303	reporting.							3ain-ohin		
Mike Just Justmichaeljust@gmail.com										
INDIAN HEALTH SERVICE INTEGRATED HEALTHCARE	Primary care. Depression and anxiety screens. Behavioral health	Prescribe medication as needed. Assessed for chronic health issue or mental health issue. Clients	Must come to Towaoc	Enrolled member of a federally recognized Tribe	Certified Application Counselors for	x	×	Mon-Fri, 8am–5pm	No	
232 Rustling Will St #D Towoac, CO 81334 970-565-4441	professionals. Education. Victim of	learn how to manage their health/meds. Clients	Indian Health	recerany recognized inde	assistance in enrolling			один-эрий		
C. Kyle Gropp <u>clinton.gropp@ihs.gov</u>	Domestic Violence.	know about interactions with other conditions.	Services clinic		in Private Insurance (Qualified Health Plans in the Market Place), CHIP, Medicaid, and Medicare.					
NURSE FAMILY PARTNERSHIP, Montezuma county health department	Parent coaching in home.	Individualized honoring of beliefs of the family. Understand child development and developmental stages and what is appropriate behavior per each	-	First Time Mom. Must Be On CHP+ Medicaid	-	×	~	Mon-Fri, 8am-5pm, can adjust	Can visit in home	
Montezuma County Annex 106 West North, Cortez, CO 81321 970-565-3056		stage. Learn self care.						oun aujuot		
Beth Carter										
PINON PROJECT, CIRCLE OF PARENTS	Peer support group for parents and youth. Respite care provided	Parents know the resources. Gain new social connections. Respite care time.	-	Colorado Resident	-	×	\checkmark	Upon request	No	
210 E. Main St. Cortez, CO 81321 970-564-3802		to attend.								
Maggie Tevault, Early Childhood and Parenting Programs Coordinator <u>mtevault@pinonproject.org</u>										
PINON PROJECT, FATHERHOOD PROGRAM	Fatherhood Program Parent	Parent has improved ability to self-nurture	Call for start	Colorado Resident	-	x	\checkmark	Upon request	No	
210 E. Main St. Cortez, CO 81321 970-564-1195	Trainings, (curricula NURTURING FATHERS).		dates					Tues		
Geoff Byerly gbyerly@pinonproject.org										
PINON PROJECT, INCREDIBLE YEARS	Parenting group with curricula,	Parents know development stages. Parenting	-	Birth-2 months	-	x	\checkmark	Mon-Fri,	Transport	
210 E. Main St. Cortez, CO 81321 970-564-3802	2 generation approach.	skills-rules, routines, boundaries, follow through. Parent and child. Social emotional competency—						9am-9pm	Provided	
Maggie Tevault, Early Childhood and Parenting Programs Coordinator <u>mtevault@pinonproject.org</u>		how to name and manage emotions.								
PINON PROJECT, MENTORING PROGRAM	Mentoring program for 40 kids.	Youth has increased resilience. Youth has a Positive role models. Youth learns life skills	3-6 months waiting list	Colorado Resident	-	×	\checkmark	Upon request	Transport Provided	
210 E. Main St. Cortez, CO 81321 970-564-3811		(community service, conflict resolution, QPR,	waiting list						TUVIUCU	
Jorie McCann jmcCann@pinonproject.org		healthy behaviors, Asset building).								
PINON PROJECT, PARENTS AS TEACHERS	Home visits.	Knowledge of child development. Bonding and nurturing skills. Family has new support networks.	-	Child prenatal through kindergarten	-	x	\checkmark	Upon request	Transport Provided	
210 E. Main St. Cortez, CO 81321 970-564-3802		Family sets and achieves goals.		ninuciyai ten					TOVIUCU	
Maggie Tevault, Early Childhood and Parenting Programs Coordinator mtevault@pinonproject.org										

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ORGANIZATION	SERVICES	OUTCOMES	WAIT LIST	ELIGIBLE	PAY	CLAS	LGBTIQ Training	HOURS	PUBIC Transit
PINON PROJECT, QUESTION PERSUADE REFER (QPR) TRAINING FOR SUICIDE PREVENTION 210 E. Main St. Cortez, CO 81321 970-564-1195 Mary Ganir mganir@pinonproject.org	Question Persuade Refer training for suicide prevention.	Youth, parents and community members know how to ask question around whether a person is suicidal. Person who is suicidal is referred into appropriate mental health care.	-	Colorado Resident	-	×	~	Upon request	No
PINON PROJECT, REGIONAL SUICIDE PREVENTION 210 E. Main St. Cortez, CO 81321 970-739-4649 Lucia Bueno-Valdez, Youth Services Coordinator Ibuenovaldez@pinonproject.org	Presentations on suicide signs, symptoms and how to handle a person with symptoms. Coordinate community's prevention work.	Learning to recognize and build their personal internal strengths (spiritual, family, services mindfulness family) and recognize external supports (friends, community service).	-	Colorado Resident	-	x	~	Upon request	Transport Provided
PINON PROJECT, SAFE CARE 210 E. Main St. Cortez, CO 81321 970-564-3802 Maggie Tevault, Early Childhood and Parenting Programs Coordinator mtevault@pinonproject.org	Home visits.	Knowledge of child development. Bonding and nurturing skills. Family has new support networks. Family has and achieves goals. Child proof home.	-	Birth-age 5	-	×	~	Upon request weekends	Transport Provided
PINON PROJECT, STRENGTHENING FAMILIES PARENTING GROUP 210 E. Main St. Cortez, CO 81321 970-564-3802 Maggie Tevault, Early Childhood and Parenting Programs Coordinator mtevault@pinonproject.org	Parent and youth together classes.	Parents know development stages. Parenting skills- rules, routines, boundaries, follow through. Parent and child. Social emotional competency- how to name and manage emotions. Learn the impact of drug and alcohol use on the developing brain. Learn how to refuse substances. Set goals and achieve.	-	Birth- 6 months	-	×	√	Mon-Fri, 9am-9pm upon request	Transport Provided
PINON PROJECT, YOUTH SERVICES 210 E. Main St. Cortez, CO 81321 970-564-3811 Jorie McCann jmcCann@pinonproject.org	Open gym. ASP. Extended school year after school program.	Increase youth's resilience. Youth have supportive peer adult interactions.	-	7-17 yr olds	-	×	✓	Before and after school	No
SCHOOL COMMUNITY YOUTH COLLABORATIVE (SCYC) 10 W. Main Street Suite 102 Cortez, CO 81321 970-480-7293 Mary Jo Standard, Director mstandard@scyclistens.org	Maze. Outside of school time programming (tutoring, clubs, summer school and credit recovery) relatior skills, c leaders free spi Pre career opportunities for youth in Provide	Students graduate. Students have a positive relationship with an adult. Students learn life skills, communication, conflict resolution and leadership skills. Students are in safe, substance free space outside of school.	-	High school and middle school age students	-	x	~	Non-school hours (summers, before & after school, weekends and school breaks)	No
SOUTHWESTERN COLORADO AREA HEALTH EDUCATION CENTER 701 Camino Del Rio, Durango, CO 970-426-4284 Kate Hartzell info@swcahec.org		Provide youth resilience through opportunities for career planning and skills.	-	-	-	×	~	School year	Near Public Transit Stop
SOUTHWESTERN COLORADO AREA HEALTH EDUCATION CENTER 701 Camino Del Rio, Durango, CO 970-426-4284 Kate Hartzell info@swcahec.org	Provide trainings to healthcare providers in SW CO. in CLAS, cultural competency support and behavioral health skills and continuing education. Support clinic settings.	Provide for continuing education of providers. Increase efficiency and support of practitioners with trainings.	-	-	-	×	~		Near Public Transit Stop

continued

TOWAOC AREA

ORGANIZATION	SERVICES	OUTCOMES	WAIT LIST	ELIGIBLE	PAY	CLAS	LGBTIQ Training	HOURS	PUBIC Transit
UTE MOUNTAIN HUMAN RESOURCES, TEMPORARY WORKER PROGRAM 420 Sunset Blvd, Towoac, Co 81334 970-564-5421 Clessa Eyetoo, Acting Director ceyetoo@utemountain.org Henrietta Jacket, HR Specialist Conrad Jacket, TWP Coordinator	Employees of Ute Mountain Tribe get benefits (medical, life, and long term disability insurance) for employees with behavioral issues. Coaching for employee. Workers compensation. Conflict resolution with employers.	Clients are employed longer since their conflicts are resolved and they receive coaching for staying on the job. Clients are referred to tribal programs or with Southwest Memorial Health Systems if needed.	1-2 wait for workers comp claim. EAP classes to be set within 1 week	Must be an employee of the Ute Mountain Ute Tribe. Community members.	Health insurance 80/20 coverage, IHS	×	~	Mon-Fri, 7-5 pm	No
UTE MOUNTAIN RECIDIVISM REDUCTION INITIATIVE-RRI 440 Sunset Blvd. Towaoc, C0 81334 970-564-5470 Fernessa Richards, PTS Coordinator fdutchie@utemountain.org Cedric Lang, Intense re-entry cedriclang@utmtountain.org Lula Pesezahk, probation officer Lpezeschk@utemountain.org Timothy Root, RRI Director troot@utemountain.orh	GAINSS (Global Appraisal of Individual Needs Screener) Assessment. Pre-trial and probation. Domestic violence class.	Individual/referral for client clinical supervision/ alcohol, anger management and other behavioral health behavior. Substance abuse evaluation and referral. Pending house arrest.	By appointment	Court order, sentenced client or other court sentencing, volunteer clients. Member of a Federally recognized Tribe.	-	×	×	Mon-Fri, 8am-5pm; Sat, 10am-12pm	No
UTE MOUNTAIN UTE TRIBE, DAY LABOR PROGRAM 420 Sunset Blvd, Towoac, Co 81334 970-564-5421 Conrad Jacket conradjacket@utemountain.org	Employment Education	500 hours of employment. Referred to other programs for care. Education in college classrooms.	1 day	Ute Mountain Ute Tribal Member	-	×	×	Mon-Fri, 7am-5pm	No



ORGANIZATION	SERVICES	OUTCOMES	WAIT LIST	ELIGIBLE	PAY	CLAS	LGBTIQ Training	HOURS	PUBIC TRANSIT
24 HOUR NATIONAL SUICIDE PREVENTION LIFELINE	Phone call when in crisis.	Triage. Referral to professional care.	-	-	-	x	\checkmark	24/7	-
800-273-8255									
24 HOUR VETERANS CRISIS LINE	Call, chat, text crisis line (services for the deaf as well).	Triage. Referral to professional care.	-	-	-	x	\checkmark	24/7 Hotline	-
800-465-8262 / 800-273-8255 (Press 1 if using 8255 number)	utal as well).								
4 CORNERS CHILD ADVOCACY CENTER	Trainings. Mandatory reporting training.	Child assessed for abuse. Parents	-	Child + Parents	-	x	x	8am–5pm	Near Public
140 N. Linden St., Cortez, CO 970-565-8155	Nurturing Health and Sexual Development. Trainings on symptoms of trauma.	understand symptoms of trauma in children. Children referred to care.							Transit
Rose Jergens rose@nestac.org									
AWAKENED WARRIORS	Physical exercise. Traditional therapies.	Clients are physically exercising. Clients receive traditional treatments.	Varies based on program	Enrolled in a Federally	-	x	x	Arranged	Near Public Transit
440 Sunset Blvd. Towaoc, CO 81334 970-564-5470			start	recognized Tribe					IIdiibit
Cedric Lang clang@utemountain.org									
AXIS - CORTEZ INTEGRATED HEALTH CARE	Outpatient Mental Health & Substance Abuse Counseling, designed to treat disorders like	Diagnosis Treatment plan. Medication where needed for depression and	Less than a week, offer	Non-Specified	Utah Medicaid, medical insurance, and state and local contracts may all	x	\checkmark	Out patient Mon-Fri,	Near Public Transit.
691 E. Empire St. Cortez, CO 81321 970-565-7946	depression, anxiety, past trauma and other mental conditions. Residential & Inpatient	r anxiety. Outpatient service is available. Once they have met their treatment plan goals crisis intervention is available at no cost 24 hours face to face or by phone. Face to face assessment for on going	same day appointment		and state and locar contracts may an be billed for the services provided. San Juan Counseling Center does not deny access to services to anyone due to their inability to pay. ONLY Colorado Medicaid many of the private insurances self pay, sliding fee scale for people within 200% of the poverty level. Southwest Memorial Hospital has to call them in. Longest time in 24 hours, try for 1			8am-6pm Groups may go	Montezuma County van
axishealthsystem.org/locations/cortez/cortez-integrated-healthcare	Programs for more intensive services. Group Education for "At Risk Youth". Specialized Therapy Services for children. State Certified DUI Program. Adult and Adolescent Outpatient Substance Abuse Services. Groups of substance abuse DUI education classes, people early in care, aftercare sobriety ext. DBT, trauma, aging. Rotating		during the day					until 7pm.	for those on Medicaid for a Behavioral health appointment.
	DBT and substance abuse.				hour not more than 3 hours.				
AXIS - CRISIS LINE 691 E. Empire St. Cortez, C0 81321 970-565-7946 axishealthsystem.org/locations/cortez/cortez-integrated-healthcare	Crisis line. Evaluation. Intervention services if in crisis. AHS also collaborates with the Statewide Crisis line run by Rocky Mountain Crisis Services, including providing their crisis line to patients and accepting referrals for follow up and further assessment.	Stabilization and referral to other providers	15 minute response time	Live within our five county area (La Plata, San Juan, Montezuma, Dolores and Archuleta)	Medicaid, medical insurance, and state and local contracts may all be billed for the services provided. Colorado Medicaid many of the private insurances self pay sliding fee scale for people within 200% of the poverty level. Medicaid and cost varies based on insurance coverage or if you are eligible for sliding fee.	×	~	24/7	-
CHILDHOOD DEVELOPMENT PROGRAM HEAD START	Early childhood education program.	Identify children with early behavioral health issues	Varies based on program	Resident of Towaoc; employee	Based on income level	×	×	Headstart: Mon-Thur,	Near Public Transit
1 Mike Wash Road Towaoc, C0 81334 970-564-5323 Mary Silas msilas@utemountain.org			enrollment size.	of the Ute Mountain Tribe				7:50am-4pm Daycare: 7:50am-5pm	nunon
COLORADO CRISIS AND SUPPORT LINE 515 28 3/4 Road Grand Junction, CO 81501 844-493-8255	Text, chat, and phone calls for crisis intervention.	Crisis handled. Referred to professional help.	_	_	-	×	✓	Website Chat 4pm-12am, 7 days a week Text/phone 24/7	-

continued

TOWAOC AREA

ORGANIZATION	SERVICES	OUTCOMES	WAIT LIST	ELIGIBLE	PAY	CLAS	LGBTIQ Training	HOURS	PUBIC TRANSIT
CORTEZ ADDICTION RECOVERY CENTER 35 North Ash Street, Cortez, CO 81321 970-565-4109 Ann L. Wetton Ann.wetton@cortezrecovery.org	Outpatient substance abuse treatment. DUI mandated treatment/education. Enhance substance abuse outpatient therapy program (18 mos.). Primary substance abuse outpatient therapy program (12 mos.). Women's/Men's substance abuse support groups. Peer Recovery Specialists. Youth outpatient therapy/treatment.	Understand end results of substance abuse. Assist client in developing healthy coping skills. Create a healthy substance use free life. Strengthen families who are supporting a person using substances. Skills development to divert client from using substances. Encouragement and assistance for the client to develop a support network for to live a substance- free life.	Referrals may be self- initiated. DUI treatment/ education mandated by court order. Social Services referrals.	2 days	Medicaid. Referring agency assistance (case-by- case basis). Self-pay. **Does NOT accept private insurance.	×	×	Mon-Thur, 9am-6pm, Fri, 9am-12pm. Groups/therapy sessions Sun afterhours to accommodate working persons.	Near Public Transit
CORTEZ INTEGRATED CARE, FIRST EPISODE OF PSYCHOSIS (FEP) (Note: There could be signs and symptoms that seem like a Traumatic Brain Injury (TBI), substance use, or intellectual disabilities. This program is designed for patients who would otherwise be less than successful in traditional outpatient programming due to being diagnosed with a severe and persistent mental illness.) 691 E. Empire St. Cortez, CO 81321 970-565-7946 axishealthsystem.org/locations/cortez/cortez-integrated-healthcare	Screening for program participation. Wrap around services: Therapy. Family Psycho- education Psychiatry. Case management. Vocational/educational support. Peer support.	Intense wrap around services leading to better outcomes. Family members may be overwhelmed so the team support is very helpful for early intervention.	Immediate for emergency crisis care	Ages 15-29 that have experienced an onset of psychotic spectrum illness within the last 24 months.	Medicaid. Most insurance accepted. Costs covered if amount is above what insurance will pay.	×	V	Team will meet in community settings and time is set up with the group.	Near Public Transit
CORTEZ INTEGRATED HEALTH CARE 691 E. Empire St. Cortez, C0 81321 970-565-7946 axishealthsystem.org/locations/cortez/cortez-integrated-healthcare	Outpatient mental health & substance abuse counseling. Residential & Inpatient Programs for more intensive services. Group Education for "At Risk Youth." Specialized Therapy Services for children through Play Therapy and other proven models of treatment. State Certified DUI Program. Adult and Adolescent Outpatient Substance Abuse Services. Groups of substance abuse DUI education classes, people early in care, aftercare sobriety ext. DBI, trauma, aging. And substance abuse Dialectical behavioral therapy (DBT) is a type of cognitive behavioral therapy.	Diagnosis Treatment plan Medication. Outpatient service is available. Face to face assessment for on going care. Transition provided when going into "in patient care." Client identifies and changes negative thinking patterns and pushes for positive behavioral changes. It teaches patients skills to cope with, and change, unhealthy behaviors.	Immediate for emergency crisis care	Less than a week, offer same day appointment during the day	Medicaid, medical insurance, and state and local contracts may all be billed for the services provided. San Juan Counseling Center does not deny access to services to anyone due to their inability to pay. ONLY Colorado Medicaid many of the private insurances self pay sliding fee scale for people within 200% of the poverty level. Medicaid and cost varies based on insurance coverage or if you are eligible for sliding fee.	×	✓	Crisis services 24 hour. Response time varies. Southwest Memorial Hospital Out patient 8am-6pm Mon-Fri, Groups may go until 7pm.	Public Transit. Montezuma County van for those on Medicaid for a Behavioral health appointment.
CORTEZ INTEGRATED HEALTHCARE CRISIS SERVICES 691 E. Empire St. Cortez, CO 81321 970-565-7946 axishealthsystem.org/locations/cortez/cortez-integrated-healthcare	Walk-In Crisis services. Consultation Evaluation Intervention services.	Stabilization and referral to other providers	30 minute wait time	Be in Colorado	Medicaid, medical insurance, and state and local contracts may all be billed for the services provided. Colorado Medicaid many of the private insurances self pay sliding fee scale for people within 200% of the poverty level. Medicaid and cost varies based on insurance coverage or if you are eligible for sliding fee.	×	~	Mon-Fri, 8am-5pm	No
CORTEZ INTEGRATED HEALTHCARE, MEDICATION ASSISTED TREATMENT (MAT) 691 E. Empire St. Cortez, CO 81321 970-565-7946 axishealthsystem.org/locations/cortez/cortez-integrated-healthcare	MAT programs provide a safe and controlled level of medication to help overcome the use of opioids and reduce the symptoms of withdrawal.	With these symptoms better managed, people can benefit from interventions to help increase their success with overall treatment and recovery. MAT patients reduce illicit opioid use, along with significant increases in employment, and other indications of recovery.	-	18+	Medicaid, medical insurance, and state and local contracts may all be billed for the services provided. Colorado Medicaid many of the private insurances self pay sliding fee scale for people within 200% of the poverty level. Medicaid and cost varies based on insurance coverage or if you are eligible for sliding fee.	×	~	Mon-Fri. 8am-5pm	Near Public Transit

ORGANIZATION	SERVICES	OUTCOMES	WAIT LIST	ELIGIBLE	PAY	CLAS	LGBTIQ Training	HOURS	PUBIC TRANSIT
DOMESTIC VIOLENCE AWARENESS PROGRAM 440 Sunset Blvd. Towaoc, C0 81334 970-564-5470 Norma Peabody npeabody@utemountain.org	Education on domestic violence and sexual assault. Trainings of healthy relationships.	Clients are given the opportunity to be removed to a place of safety, awareness, partnership with the courts to ensure clear lines of communication between victim and court services to ensure safe boundaries, clothing when necessary, referral to behavioral health, Sexual Assault Nurse's Exam in the event of suspected sexual assault, safe transit.	-	Resident of the Ute Mountain Ute Reservation	-	x	×	24/7 emergency on-call	Transport provided
DRUG FREE COMMUNITIES 440 Sunset Blvd. Towaoc, C0 81334 970-564-5470 Mark Wing markwing@utemountain.org	Gives survey to youth to determine how many youth are using substances.	Data on youth use of drugs.	-	6th-12th grade	-	×	×	8am-5pm	Near Public Transit
GOOD ROAD OF LIFE 440 Sunset Blvd. Towaoc, C0 81334 970-564-5470 Fernessa Richards fdutchie@utemountain.org	Family preservation, cultural resilience and leadership development	Clients are reintroduced to Ute Mountain Ute cultural norms and practices to give the client the ability to develop appropriate coping skills, self-awareness, confidence, life skills.	Varies based on program start	Enrolled in a Federally recognized Tribe	-	×	×	Mon-Fri, 8:30am-5pm	Near Public Transit
INDIAN HEALTH SERVICE (IHS) UTE MOUNTAIN UTE HEALTH CLINIC 232 Rustling Willow Street, Towaoc, Co 81334 970-565-4441 x208 After Hours Nurse Triage Service 1-970-565-4441 then press 5 or 1-866-334-8431 Patti French, Mental Health Technician	Mental health assessment in office through appointment with Psychologist. Psychologist counseling (Depression, anxiety, mood, PTSD). Psychiatric follow up. Case management. Navigator. Outreach and education. Court support. Spiritual concerns. Family therapy. Mindfulness. Transitions.	Admittance to hospital if needed. Appropriate medication prescribed. Mental Health disorder diagnosis. Safety plan development. Learning how to talk about mental health issues. Identifying additional needs (Degona Model). Understand history of trauma.	_	Member of a federally recognized tribe. Need to bring in their CIB (Certificate of Indian Blood) or descendent.	Certified Application Counselors for assistance in enrolling in Private Insurance (Qualified Health Plans in the Market Place), CHIP, Medicaid, and Medicare.	Cultural competency classes annually	×	Mon, Wed, Thur and Fri 7am-5pm Tues 7am-12:30pm After hours nurse	Near Public Transit Stop
MEDICINE HORSE CENTER 40700 County Road J Mancos, CO 81328 970-553-7403 Lynne Howarth info@medicinehorsecenter.org	Adjunct therapy. Psychotherapy for mental health and substance abuse. Mental Health Enrichment (Clients can also be family members). Assess, plan and develop care portfolio to give child life skills using equine therapy.	Better daily life skills. Gain strategies for coping	Varies based on program enrollment size.		Self pay. Does not accept insurance or Medicaid.	×	×	Mon-Fri, 8am-5pm and weekends by appointment. 6pm-10pm session	No
MONTELORES EARLY CHILDHOOD COUNCIL 925 S Broadway #212 Cortez, C0 81321 970-564-3211 Vangi McCoy vangim@monteloresecc.org	List of various early childhood services for parents	Referral to appropriate medical, mental health, dental, family support, and early childhood education providers for young children	None	Birth to 8 yrs.	-	×	x	Mon-Fri, 9am-5pm	-
NARCOTICS ANONYMOUS Pinon Project Building, 210 East Main St. Cortez, C0 81321 970-420-9064			-	-	-	×	-	-	-
NATIONAL HOPELINE NETWORK 1-800-784-2433	24 hour phone availability	Crisis assistance	-	-	-	×	~	24/7	-
NATIONAL SUICIDE PREVENTION HOTLINE 1-800-273-8255	24 hour phone counseling	Crisis assistance	-	-	-	×	✓	24/7	-

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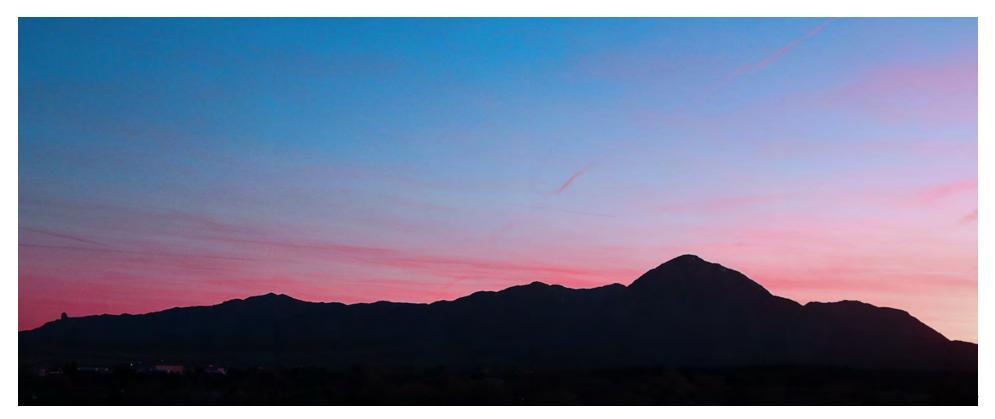
ORGANIZATION	SERVICES	OUTCOMES	WAIT LIST	ELIGIBLE	PAY	CLAS	LGBTIQ Training	HOURS	PUBIC TRANSIT
NATIONAL YOUTH HOTLINE 800-422-4673	24 hour phone counseling and referrals for youth who are suicidal	Support through crisis moment. Coping skills.	-	-	-	×	~	24/7	-
NATIVE CONNECTIONS 285 Sunset Blvd Towaoc, C0 81334 970-564-5405 Juanita Plentyholes jplentyholes@utemountain.org	Provides a resource guide and navigators of prevention, intervention and postvention services.	Clients know what programs they can go to before, during and after treatment for mental health issues.	ages birth-24	Enrolled member of the Ute Mountain Ute Tribe	-	×	×	Mon-Fri, 8:30am-5pm	Near Public Transit
NORTHERN NAVAJO MEDICAL CENTER US 491 Shiprock, NM 87420 505-368-7301	Walk in clinic. Mental health evaluation. Appointments with psychiatrists. Emergency room. Behavioral Health Treatment Center services.	Evaluate and medicate as needed. Address any physical medical needs. Therapy.	-	Enrolled Member of a Federally Recognized Tribe	-	×	~	24/7 Emergency Room	Near Public Transit
OFFICE OF VIOLENCE AGAINST WOMEN (OVW) 440 Sunset Blvd. Towaoc, CO 81334 970-564-5470 Norma Peabody npeabody@utemountain.org	Emergency services: Contact police department to start police process. Medical examination/ Forensic interviews.	Client is given a place in a shelter to keep victim. Evidence is stored. Client is educated on victim's rights.	-	Enrolled Native American and resident of the Ute Mountain Ute Reservation	-	×	×	24/7 emergency on-call	Transport provided
PINON PROJECT, HIGH FIDELITY WRAP AROUND 210 E. Main St. Cortez, C0 81321 970-739-4649 Lucia Bueno Valdez Ibuenovaldez@pinonproject.org	Care coordination. National Outcomes Assessment to discern their ability handle daily life with treatment.	Decrease system involvement. No contact with child welfare or juvenile justice. Prevent out of home placement. Provide other therapies while waiting to get into appropriate traditional treatment.	-	Children 0-25 with mental health or behavioral health diagnosis. Multiple system involvement.	_	×	×	Anytime	Transport provided
PINON PROJECT, WRAP LIGHT 210 E. Main St. Cortez, C0 81321 970-739-4649 Lucia Bueno Valdez Ibuenovaldez@pinonproject.org	School liaison in elementary, middle and high schools. Coordinate meetings on attendance in school and achievement. Helping individuals with 504 Plan. Help with filling out IEP for those with those with mental health issues.	Connected to services. More full days at school. Graduation rate. Obtain an enforceable list of agreed upon accommodations between school and students. Clients more aware of their rights of children. Referred to mental health services.	-	-	-	×	~	Upon request	Transport Provided
ROCKY MOUNTAIN HEALTH PLANS 2775 Crossroads Blvd. Grand Junction, CO 81502 970-403-2424 Aaron Hawkins	Outreach postvention. Crisis services. Hospitalization. ER visit for assessment and referral.	Connect patients to services for follow up	-	Medicaid in Montezuma County	Medicaid in Montezuma County	×	×	Mon-Fr, 8am-5pm	-
SOUTHWEST HEALTH SYSTEM, SOUTHWEST MEDICAL GROUP/ Southwest Primary Care 1311 N. Mildred Rd Cortez, CO 81334 970-565-8556	Primary care medical services. Brief behavioral health intervention.	Client will have been screened for mental health. Diagnosis and treatment for physical health conditions.	-	No special requirements	Medicaid, Medicare, private insurance, self-pay, financial assistance.	×	~	Mon-Fri, 7:30am-5pm	Near Public Transit
SOUTHWEST HEALTH SYSTEM, SOUTHWEST MEMORIAL HOSPITAL, EMERGENCY DEPARTMENT CRISIS SERVICES 1311 Mildred Rd Cortez, CO 81334 970-564-8666 Catherine Washington contact@swhealth.org	Emergency medical services. Crisis services. ER will contact Crisis team to evaluate patient and create follow-up plans which may include outpatient treatment or hospitalization. Care will vary for each person.	Patient is connected to Axis Crisis services for a safety assessment. Emergency medical needs are addressed.	1-3 hour wait time	Non-Specified	Utah Medicaid, medical insurance, and state and local contracts may be billed for services provided. Colorado Medicaid. Many private insurances. Self pay. Crisis service fee ER facility fee is billed to patient.	x	✓	24/7	Near Public Transit
SOUTHWEST SCHOOL BASED HEALTH CENTER Montezuma Cortez High School 970-564-4885 Lacy Ray	Primary care medical services. Reproductive health services. Behavioral health services.	Students are screened for trauma, depression and anxiety. Students receive medical care and mental health services.	0	Kids in RE-1 School District	Medicaid, private insurance.	×	~	Mon-Fri, 8am-4:30pm	Near Public Transit

ORGANIZATION	SERVICES	OUTCOMES	WAIT LIST	ELIGIBLE	PAY	CLAS	LGBTIQ Training	HOURS	PUBIC TRANSIT
SUICIDE HOTLINE 1-800-784-2433	Phone counseling	Crisis assistance	-	-	-	×	~	24/7	_
THE TREVOR PROJECT SUICIDE HOTLINE 1-866-488-7386	LGBTIQ youth hotline for suicidality	Referred to local services	-	-	-	×	√	24/7	-
TIWAHE INITIATIVE 485 Sunset Blvd. Towaoc, C0 81334 970-564-5405 Juanita Plentyholes, Tiwahe Program Director jplentyholes@utemountain.org Antoinette Tapoof-Porambo, Tiwahe Community Resource Specialist aporambo@utemountain.org	Resource guide of all prevention, intervention and postvention services. Make referrals to relevant agencies.	Families are connected to services. Families know what they will be getting from their service provider.	-	Members of a federally recognized tribe	_	×	×	Mon-Fri, 9am-5pm	Near Public Transit Stop
UTE MOUNTAIN TRIBE, SOCIAL SERVICES 400 Sunset Blvd. Towaoc, CO 81334 970-564-5307, ext. 311 Tywana Lopez tlopez@utemountain.org	Child Protection Services. Vulnerable adult protection services. Crisis Intervention involving families. Family Preservation. Parent training / General parenting standards Family Wellness. Goal-setting / Stability training. Referral to appropriate complementary services.	Referrals may be self-initiated. Referrals may be made as a result of DSS mandated intervention. Referrals may be made by County partners. Referrals may be made by law enforcement. Referrals may be made by the Tribal Council.	Immediate Availability **Certain program services do have a waiting list.	Certain services the DSS collaborates with State agencies who determine eligibility. Enrolled in a Federally recognized Tribe.	_	×	×	24/7	Transport Provided
UTE MOUNTAIN UTE COUNSELING AND TREATMENT 322 Spruce St. Towaoc, CO 81334 970-564-5701 Travis Morgan, Program Director, Azalea Dutchie tmorgan@utemountain.org	Outpatient counseling Addiction counseling Anger management. Follow up appointments/ aftercare.	Maintain and understand the effects of alcohol and drugs. Reminders that whatever mishaps they might have been going through that is generally the cause of it.	Almost instant, right then and there. Adult counselors depends on schedule 2-3 day wait.	Referred from the state and county. Eligibility: ages 8-17, 18 goes into the adult program.	Self payment, cash or check. Payment: Albuquerque Indian health area, cover New Mexico, Colorado, Navajo. Don't take Medicaid, MOSTLY money orders for DUI services otherwise free, cash, native CIB statement that they are native can get alcohol and drug counseling for free.	~	×	Mon- Fri, 8am-5pm; Sat 8am-12pm; Tues-Thurs open until 8pm	Transport Provided
UTE MOUNTAIN UTE TRIBE, SUNRISE YOUTH 285 Dry Creek Rd. Towaoc, C0 81334 970-565-9634 Tina Begay tbegay@utemountain.org	Children are able to be housed in a state- licensed Residential Childcare Facility, Group Therapy, One-on-One Therapy. Play Therapy. Day school attendance. Summer school attendance.	UMUT Social Services initiated contact. SYS is able to hold non-Tribal children by CDHS placement/referral order.	Immediate Availability	3-18	Fee schedule in place	×	×	24/7 Availability for placement	Transport Provided

MENTAL HEALTH AND SUBSTANCE ABUSE AFTER CARE

TOWAOC AREA

ORGANIZATION	SERVICES	OUTCOMES	WAIT LIST	ELIGIBLE	PAY	CLAS	LGBTIQ Training	HOURS	PUBIC TRANSIT
UMUT TRIBAL VOCATIONAL REHABILITATION PROGRAM 420 Sunset Blvd. Cortez, C0 81331 970-564-5722 Angela Kyle, Director angela.kyle@ute.mountain.org	Day laborers/students education department receive counseling (vocational, barriers to getting into employment). Referrals to holistic health and behavioral health center. Help with employment related expenses (Transition to and from school/community college, apprenticeship, car maintenance, dorms, meal tickets, moving expenses relative to job, personal care services- can pay a family member to help person, childcare). Up to 9 months on job coaching for disabled to maintain job. Provide rehab technology (computer, memory stick relative to their job goals and disability, magnified screen, hearing aids). Provide assessments to determine if a person meets a disability Pre for long term employment. Traditional healing treatments can be financially supported.	Client has an employment goal on the career path of their choice. 3 months of stable employment. Acquire life skills training (rehab teacher use of cane, help in school with notetaking, tutor)	None. It can up to 6 months between intake and designed plan.	Registered Ute Tribal members or Spouse of Child of Still of Indian descent. Resident of Towoac or within 50 miles of White Mesa. Must have a physician diagnosed disability with is a barrier to employment.	Free. No financial requirements but need to fill forms, provide eligibility information and follow up with documents/ receipts/ grades/ pay stubs etc.	×	X	Mon-Fri, 8am-5pm	Near Public Transit, Transport man be arranged



MENTAL HEALTH PREVENTIONS/INTERVENTIONS/AFTER CARE

WHITE MESA AREA

ORGANIZATION	SERVICES	OUTCOMES	WAIT LIST	ELIGIBLE	PAY	CLAS	LGBTIQ Training	HOURS	PUBIC TRANSIT
BLANDING FAMILY PRACTICE 802 S. 200 W. Suite B, Blanding, UT 84511 435-651-3766 Michael Jensen CE0 mjensen@unhsinc.org	Behavioral Health assessment. Referrals.	Provide safe and substance free. Treatment provided. Clients do not feel alone. Attendees understand signs and symptoms of suicidality and how to respond and refer. Suicidal people are referred to professional help. Advocates come out and provide referrals to professional care.	-	16-25 year old	Utah Medicaid, private insurance, self-pay on a sliding scale fee schedule	×	✓	Wed and Fri, 10am-3pm	Transport provided as requested
BLUE MOUNTAIN HOSPITAL, EMERGENCY ROOM 802 S. 200 W., Blanding, UT 84511 435-767-0517	Keep people safe from self harm. ER medical services.	Assess severity of suicidality. Assess underlying medical issues. Referral to in-patient beds.	_	_	Utah Medicaid, medical insurance, and state and local contracts may all be billed for the services provided. San Juan Counseling Center does not deny access to services to anyone due to their inability to pay. Private insurances, self pay sliding fee scale for people within 200% of the poverty level. Medicaid and cost varies based on insurance coverage or if you are eligible for sliding fee.	×	~	24/7	Near public transit
CHR WHITE MESA 970-317-4175 Elroy Lehi, CHR/CAN elehi@utemountain.org	Medical Transits. Patient navigator.		-	Residents of White Mesa	-				
DRUG FREE COMMUNITIES 440 Sunset Blvd., Towaoc, C0 81334 970-564-5470 Mark Wing markwing@utemountain.org	Gives survey to youth to determine how many youths are using substances.	Data on youth use of drugs.	-	6th-12th grade	-	X	×	Mon-Fri 8am-5pm	Near public transit
SAN JUAN COUNSELING CENTER 735 S. 200 W. Suite 1, Blanding, UT 84511 435-678-2992 AFTER HOUR CRISIS LINE: 800-273-8255 Ryan Heck rheck@sanjuancc.org	Outpatient BH and substance abuse counseling. Specific counseling for: depression, anxiety and past trauma. Residential and inpatient treatment services. Group education for at-risk youth. Play therapy. State certified DUI program. Adult and adolescent outpatient substance abuse services.	Client is stable. Client is managing medication. Clients substance free or working towards recovery. Clients receiving appropriate treatment.	-	Self-referral. DUI services— Referring agency. Tribe may refer.	Utah Medicaid. Private medical insurance. Self-pay w/sliding scale based on income.	×	~	Mon-Fri, after hour crisis line	No
SAN JUAN COUNTY YOUTH COALITION 735 S. 200 W. Suite 1, Blanding, UT 84511 435-678-2992 Ryan Heck rheck@sanjuancc.org	Outpatient mental health and substance abuse treatment; day treatment program, family support services to connect people to service providers, felony drug court program, court ordered DIU education, crises services 24/7, jail-based behavioral health services, employment support for those with mental illnesses, supportive housing for those with mental illnesses	San Juan Counseling strives to help clients reduce or eliminate symptoms of mental illness and/ or substance use disorders through counseling, case management, prevention and medication management. Treatment outcomes are measured using the Outcome Questionnaire Analyst (OQA), an evidenced-based tool.	3-days	Residents of San Juan County, UT	Utah Medicaid, private insurance, self-pay on a sliding scale fee schedule	x	✓	Mon-Fri, 8am-5pm Blanding Mon-Thur 9am-3pm Montezuma Creek, adult day Mon, Wed, Fri, 9am-3pm Mexican Hat, adult day	No

MENTAL HEALTH PREVENTIONS/INTERVENTIONS/AFTER CARE (CONT.)

WHITE MESA AREA

ORGANIZATION	SERVICES	OUTCOMES	WAIT LIST	ELIGIBLE	PAY	CLAS	LGBTIQ Training	HOURS	PUBIC TRANSIT
SAN JUAN COUNTY, EMERGENCY MEDICAL SERVICES PO Box 9, Monticello, UT 84 435-587-3225 Linda Larson swens@sanjuancounty.org	Ambulance service for suicidal patients	Keep patients safe until in ER safely. Provide safe Transit to medical facility from the home environment or environment where patient is.	-	-	Utah Medicaid, medical insurance, and state and local contracts may all be billed for the services provided. San Juan Counseling Center does not deny access to services to anyone due to their inability to pay. Private insurances, self pay sliding fee scale for people within 200% of the poverty level. Medicaid and cost varies based on insurance coverage or if you are eligible for sliding fee.	×	√	24/7	Near public transit
UTAH NAVAJO BEHAVIORAL HEALTH SERVICES 1475 E Hwy 162, Montezuma 802 South 200 West, Blanding, UT 84511 435-678-0274 Kolenya Holly, MPH kholly@unhsinc.org	Drop in center. Outpatient therapy. Group therapy sessions for substance abuse and DUI. ASSIST Suicide trainings. Safe talk line to report a person who is suicidal anonymously. Crisis Hotline for domestic violence and suicidality.	Provide safe and substance free. Treatment provided. Clients do not feel alone. Attendees understand signs and symptoms of suicidality and how to respond and refer. Suicidal people are referred to professional help. Advocates come out and provide referrals to professional care.	-	16-25 yrs. old	Utah Medicaid, private insurance, self-pay on a sliding scale fee schedule	×	✓	Monday-Thurs 12-6pm Friday 11-4pm 8am-8:30pm	No
UTAH NAVAJO HEALTH SYSTEM DEPARTMENT OF CHILDREN AND FAMILY SERVICES 1475 E Hwy 162, Montezuma 802 South 200 West, Blanding, UT 84511 435-678-0274 Kolenya Holly, MPH kholly@unhsinc.org	Tele psychiatry. Zero Suicide cell phone program. Traditional services. Healthy Transitions. Peer Support Services for people with Mental Health issues.	Diagnosis and medication. Cell phones and gun safes given to those at risk of suicide. Provide ceremony to assist person with mental health issue. Case management on variety of issues to help with change. Lived experience mentor to help those in recovery to combat self talk and advocate for them.	-	0-18, 16-25 yr. olds with serious mental health diagnosis or serious emotional disorder.	Utah Medicaid, medical insurance, and state and local contracts may all be billed for the services provided.	×	×	24/7	Near public transit
UTAH NAVAJO HEALTH SYSTEM DOMESTIC VIOLENCE ADVOCATES, SEXUAL RESPONSE TEAM 1475 E Hwy 162, Montezuma 802 South 200 West, Blanding, UT 84511 435-678-0274 Kolenya Holly, MPH kholly@unhsinc.org	Drop in center. Outpatient therapy. Group therapy sessions for substance abuse and DUL ASSIST Suicide trainings. Safe talk line to report a person who is suicidal anonymously. Crisis Hotline for domestic violence and suicidality.	Complete sexual assault kit. Follow up. Start the legal process.	-	Tribal members of Monticello, Blanding, White Mesa, Navajo Mountain, Montezuma Creek.	-	×	✓	24/7 emergency on-call	Transport provided
UTAH NAVAJO HEALTH SYSTEM METH SUICIDE PREVENTION INITIATIVE 1475 E Hwy 162, Montezuma 802 South 200 West, Blanding, UT 84511 435-678-0274 Kolenya Holly, MPH kholly@unhsinc.org	Provide quarterly communitywide trainings on signs of suicide.	Parents, caregivers, friends and youth themselves will know signs of suicidality.	-	Enrolled in a Federally recognized Tribe	-	×	×	Program is offered intermittently throughout the year	No
UTE MOUNTAIN UTE TRIBE, VOCATIONAL REHABILITATION PROGRAM 420 Sunset Blvd., Cortez, C0 81331 970-749-6793 or 970-564-5722 Simone Ketchum, TVRC Simone.Ketchum@utemountain.org	Referral services. Mental Health Assessments. Create individual plans of employment.	90 day post employment successfully	_	Enrolled member of the Ute Mountain Ute Tribe	-	×	×	Wed and Fri, 10am-3pm	Transport provided as requested















