

Clinical Program Overview

(Last updated 5/17/23)

Outpatient and School-Based Services Division

CHILD AND FAMILY NORTH

Location: Leversee - [1290 Chambers Rd, Aurora, CO 80011](https://www.google.com/maps/place/1290+Chambers+Rd,+Aurora,+CO+80011)

The Child and Family North counseling center is an outpatient program that provides mental health services to children ages 6-18 and their families. Outpatient services include individual therapy, family therapy, group therapy, crisis management, and other necessary services to help children/adolescents and their families identify and meet their treatment goals.

Groups that are typically offered at CFN include: Healing from Racial Trauma, Dialectical Behavioral Therapy for Adolescents, and Parenting Support. Clinicians are trained in Eye Movement Desensitization and Reprocessing (EMDR), Play Therapy, Trauma Systems Therapy for Refugees (TST-R), Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT) and Trauma Focused Cognitive Behavioral Therapy (TF-CBT).

CHILD AND FAMILY SOUTH

Location: Hampden Center - [14301 E Hampden Ave, Aurora, CO 80014](https://www.google.com/maps/place/14301+E+Hampden+Ave,+Aurora,+CO+80014)

The Child and Family South counseling center is an outpatient program that provides mental health services to children ages 6-18 and their families. Outpatient services include individual therapy, family therapy, group therapy, crisis management, and other necessary services to help children/adolescents and their families identify and meet their treatment goals.

Groups that are typically offered at CFS include Play Therapy Group, Parenting Support, and Social Skills Groups. Clinicians are trained in play therapy, parent-child interaction therapy, art therapy, Eye Movement Desensitization and Reprocessing (EMDR), Trauma Systems Therapy for Refugees (TST-R), Cognitive Behavioral Therapy (CBT), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), and Dialectical Behavior Therapy (DBT).

ELMIRA COUNSELING CENTER

Location: Galena Counseling Center - [1504 Galena St, Aurora, CO 80010](https://www.google.com/maps/place/1504+Galena+St,+Aurora,+CO+80010)

The Elmira counseling team provides evidence-based interventions to adults in an outpatient setting. This counseling center provides individual, couples, and group

therapy to diverse clients, typically of higher acuity and many of whom present with severe and persistent mental illness. Elmira Counseling Center typically offers a variety of groups including Dialectical Behavior Therapy (DBT) and a wellness group. Clinicians are trained in Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Therapy (CBT), and Dialectical Behavior Therapy (DBT).

SOUTHEAST COUNSELING CENTER

Location: Hampden Center - [14301 E Hampden Ave, Aurora, CO 80014](#)

The Southeast Counseling Center provides evidence-based interventions to adults in an outpatient setting. This counseling center provides individual, couples, and group therapy to adult clients with a wide range of presenting problems. The center strives for a positive culture of diversity, equity, and inclusion with a focus on collaboration within a team-based model.

Southeast Counseling Center typically offers a variety of groups including a clutter group, Mind Over Mood group, and has clinicians trained in Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Psychodynamic approaches.

OLDER ADULT COUNSELING CENTER

Location: Hampden Center - [14301 E Hampden Ave, Aurora, CO 80014](#)

The Older Adult Counseling Center is a multidisciplinary team that provides evidenced-based outpatient therapy and outreach services to older adults. Team members understand the unique strengths and challenges of the older adult population. The center provides assessment, individual, and group therapy, as well as outreach to assisted living and nursing home facilities in our area.

SCHOOL BASED SERVICES (SBS)

Location: Aurora Public School, Cherry Creek School District, & Charter Schools

The School Based Services team is divided by school district. The Aurora Public Schools SBS team is comprised of therapists, intake coordinators and case managers who provide direct mental health support to students, families, and schools within Aurora Public Schools. This team collaborates with teachers and school professionals, ensuring students have an optimal learning environment that supports mental health and wellness. The team provides services such as individual, family, and group therapy, wellness support, mental health education, and crisis support.

SBS therapists typically offer a variety of groups throughout the school year focused on social skills, anxiety management, grief and loss, healing from trauma, and they

organize a two-week camp in the summer. The team is comprised of clinicians who are trained in Trauma Systems Therapy for Refugees (TST-R), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Play Therapy, Eye Movement Desensitization and Reprocessing (EMDR) and Collaborative Assessment and Management of Suicidality (CAMS).

SCHOOL-BASED HEALTH CLINICS

Location: Aurora Public School District

The School-Based Health Clinic (SBHC) team is comprised of therapists (also called "Behavioral Health Providers") and a care coordinator who provide behavioral health services to students and their families in the **Aurora Public School (APS) district**.

These integrated health clinics are located on APS school campuses and are in partnership with APS, Every Child Pediatrics, and Children's Hospital Colorado. The goals of the SBHCs are to serve the community by increasing access to behavioral health and therapy services for a variety of concerns, ranging from minor stress/adjustment to high-risk mental health concerns.

Behavioral Health Providers provide screenings, brief assessments (including brief Attention-Deficit/Hyperactivity Disorder [ADHD] assessments), brief intervention, on-going psychotherapy, family therapy, case management, crisis support, and consultation and education to medical providers. Behavioral Health Providers are trained in Cognitive Behavioral Therapy (CBT), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Family Therapy, Play Therapy, Biofeedback, and Neurofeedback.

Child Specialty Program Division

AURORA YOUTH OPTIONS (AYO)

Location: Leversee - [1290 Chambers Rd, Aurora, CO 80011](https://www.aurora.org/locations/1290-Chambers-Rd-Aurora-CO-80011)

Aurora Youth Options (AYO) works with at-risk middle and high school aged youth along with their families to navigate, connect, and provide positive individualized resources for success. AYO's offering of early intervention prevention services allows youth to gain the life skills necessary for personal, professional, and emotional happiness and the ability to thrive.

Providing personalized support, AYO proactively refers individuals to existing community resources based on their specific needs. AYO also supports youth and community volunteers with mentoring and Homework Help programs.

Center of Excellence Refugee Clinic

Location: Galena Counseling Center - [1504 Galena St, Aurora, CO 80010](#) & Asian Pacific Development Center (APDC) - [1537 Alton St, Aurora, CO 80010](#)

The Colorado Refugee Wellness Center provides culturally and linguistically responsive mental health and health navigation services to refugees and asylees who call the richly diverse city of Aurora home. The staff speak 17 languages and many hail from the refugee/immigrant communities they serve.

Clients can access services and resources in their native languages through the assistance of Health Navigators, who also optimize communication and understanding of cultural context between mental health providers and clients. The team offers holistic, team-based, trauma-informed care. It works to increase health equity, through program development, grants, research, training, and community partnerships.

Trauma Resilience Youth Program

Location: Galena Counseling Center - [1504 Galena St, Aurora, CO 80010](#)

The Trauma Resilience Youth Program (TRYP) focuses on children of refugee and immigrant families who have resettled in the Aurora metro area. TRYP specifically delivers culturally informed trauma screenings and treatment to these children and their families in various settings (schools, outpatient clinics, and integrated primary care).

TRYP employs Health Navigators who provide interpretation and case management services and speak the following languages: Arabic, Burmese and Karen, French, Nepali, Sango, Spanish, and Swahili.

Referrals can be sent to TRYP-Referral@auroramhr.org

Early Childhood and Family Center

Location: Leverage - [1290 Chambers Rd, Aurora, CO 80011](#)

The Early Childhood and Family Center (ECFC) offers comprehensive services and programs to children up to age six with social, emotional, or behavioral difficulties - and their families, including parents, foster parents, grandparents, and other supportive caregivers. These services include a full range of clinical services, an in-home program (Child First), prevention & early intervention services, and early childhood mental health consultation.

Family Support Specialists

These parent leaders help other parents navigate the mental health system for their children (or for close family members). The family specialists run support groups (grandparents raising grandchildren; kinship/adoption; fatherhood) and are strategically placed in many programs throughout Aurora Mental Health & Recovery to provide an array of support services.

Intensive In-Home Team

The Intensive In-Home team provides intensive therapeutic and behavioral coaching services for youth ages 6 - 21 and their families who have experienced trauma. Trauma Systems Therapy (TST) is utilized, which is a model of care for traumatized children that addresses both the individual child's emotional needs as well as the social environment.

This team breaks down barriers between service systems, understanding a child's symptoms in the context of his or her world, and building on a family's strengths. It is both a clinical model as well as an organizational one that involves all the systems in a family's life.

Referrals can be sent to InHomeReferral@auroramhr.org

Intercept Center

Location: Hampden Center - [14301 E Hampden Ave, Aurora, CO 80014](#)

Intercept Center's outpatient services include family, individual and group therapy, medication management services, and case management services. Intercept's outpatient services are specialized and adapted for youth with developmental disabilities between the 6 and 21 years of age. Intercept is an internationally recognized model program whose staff also provide training to mental health professionals on adapting treatment for dually diagnosed youth.

Adult Intensive Services

Ascent and Ascent Step-Down First Episode Psychosis

Location: Stith Center - [791 Chambers Rd, Aurora, CO 80011](#)

Ascent Programming provides support for youth and young adults, aged 15-29, experiencing First Episode Psychosis (FEP), which can present itself anytime between youth and early adulthood. People going through FEP may not understand what is happening to them - creating fear, confusion, and distress.

Ascent uses a series of specialized services which are primarily community-based to help individuals develop independence and maintain stability. Ascent programming is offered for up to three years, with the opportunity to graduate and join our Ascent Step-Down team for an additional two years.

Services include individual and group therapy, case management, recreation therapy in the community, payee-ship, vocational and education support, and peer support services.

Assertive Community Treatment (ACT)

Location: Stith Center - [791 Chambers Rd, Aurora, CO 80011](https://www.aurorahealth.org/locations/791-chambers-rd)

ACT is a specialized, evidence-based treatment model that serves adults with severe and persistent mental illness who are the highest utilizers of hospital and criminal justice systems. This program focuses on decreasing hospitalizations and involvement with criminal justice systems and supporting clients to live more successfully in the community. ACT utilizes a creative, multidisciplinary, and community-based approach to work with these often difficult-to-engage adults.

Services include individual and group therapy, clinical case management, housing support, psychosocial rehabilitation, payee services, peer support, and collaboration with external resources such as primary care clinics, Wellness Court through Aurora Municipal Court, and inpatient hospitals.

Aurora Center for Life Skills (ACLS)

Location: Stith Center - [791 Chambers Rd, Aurora, CO 80011](https://www.aurorahealth.org/locations/791-chambers-rd)

The Aurora Center for Life Skills (ACLS) is a specialized program for adults who have intellectual and developmental disabilities and a co-occurring mental illness. ACLS provides services including evidence-based therapy with physicians, therapists, case managers, and support staff who are specially trained to provide accurate assessments, adapted treatment, and culturally competent interactions with people who have developmental disabilities. These services include individual, family, and group therapy, and case management services.

Community Connections (CC)

Location: Stith Center - [791 Chambers Rd, Aurora, CO 80011](https://www.aurorahealth.org/locations/791-chambers-rd)

Community Connections (CC) has been serving the Aurora Community for over 23 years. This program offers a person-centered wellness approach based on the Substance Abuse and Mental Health Services Administration (SAMSHA)'s "Eight

Dimensions of Wellness": Emotional, Spiritual, Intellectual, Physical, Environmental, Financial, Occupational, and Social.

This program is staffed primarily by peer specialists. Prior to the pandemic, CC offered a milieu-based drop-in peer support center. Post pandemic, CC skillfully transitioned to providing daily skills group via Zoom services. CC offers between 4 to 6 groups daily. Services include individual peer support contacts, skills groups, and community-based recreation activity groups.

Groups and services are developed in collaboration with clients providing input on the types of groups they would like. Examples of the groups offered include Trivia, Through the Lens (photography), Thrive, Creative Writing, a Wellness Recovery Action Plan (WRAP) group, Grief and Loss, Relationship Skills, and Coffee and Conversations.

Referrals can be emailed to communityconnections@auroramhr.org

Vocational Services: Individual Placement and Support (IPS)

Location: Stith Center - [791 Chambers Rd, Aurora, CO 80011](https://www.auroramhr.org/791-Chambers-Rd-Aurora-CO-80011)

Vocational Services is dedicated to assisting individuals with disabilities in finding sustainable, gainful careers in the community. The professional vocational staff works with adults and youth to teach sustainable employment skills, work etiquette, professionalism, and other skills necessary for maintaining successful job placement.

Each Employment Specialist is trained in the Individual Placement and Support (IPS) model, an evidence-based approach to supporting clients in their long-term success. They assist each job seeker with every step of the career search process, including career exploration, resume writing, application assistance, interview prep, and job coaching. Employment specialists work in close partnership with the Division of Vocational Rehabilitation (DVR).

Community Living Program (CLP)

Location: Stith Center - [791 Chambers Rd, Aurora, CO 80011](https://www.auroramhr.org/791-Chambers-Rd-Aurora-CO-80011)

CLP provides treatment to adult clients who have a high frequency of inpatient psychiatric hospitalization and who are at high risk for suicide, violent behavior, or becoming gravely disabled. This program focuses on whole-person recovery and helping clients achieve their very best quality of life, which starts with keeping clients independent in the community and out of the hospital.

CLP takes a team approach to the care and treatment of clients. Services are offered flexibly with a high frequency of contact. Services include individual and group therapy, case management, payee-ship services, peer support, crisis risk assessment and management services, and recreation therapy in the community.

The program serves a high volume of certified clients who are court ordered to outpatient treatment. The CLP team offers clinicians trained in evidence-based therapies including Dialectical Behavior Therapy (DBT) and Eye Movement Desensitization and Reprocessing (EMDR).

Hospital Liaison (Child and Adult)

Care coordination by the hospital liaison supports clients in successfully transitioning from inpatient level of care to outpatient level of care treatment services.

Outpatient Competency Restoration

Location: Stith Center - [791 Chambers Rd, Aurora, CO 80011](https://www.aurorahealthcare.com/locations/791-chambers-rd-aurora-co-80011)

Outpatient Competency Restoration education services are provided to adults and juveniles involved in the criminal or juvenile justice systems and deemed by a court to be incompetent to proceed.

Journey: Women's Intensive Outpatient Program

Location: Stith Center - [791 Chambers Rd, Aurora, CO 80011](https://www.aurorahealthcare.com/locations/791-chambers-rd-aurora-co-80011)

Our women's IOP had been providing in-person programming at 791 Chambers Rd. Due to the pandemic, the IOP has adapted to offering telehealth services via Zoom. This 3-day IOP offers groups, case management, and peer support on Tuesdays, Wednesdays, and Thursdays for clients who would benefit from intense acute treatment services.

Acute Services Division

East Metro Detox and Recovery Center

Location: [2206 Victor St, Aurora, CO 80045](https://www.aurorahealthcare.com/locations/2206-victor-st-aurora-co-80045)

Substance Use Withdrawal Management (Detox) Treatment – (Social, Inpatient). Open 24/7, 30 beds, for patients 18 years of age and older. The average length of stay is 3 days. This program provides a safe place to detox and recover from alcohol, prescription drugs, or street drugs. Services include Emergency Commitment Services, Case Management, Vocational Counseling, Referral, and Advocacy.

Crisis Walk-In Clinic (WIC)

Location: [2206 Victor St, Aurora, CO 80045](#)

Hours of Operation: 8 am – 11 pm

Part of the statewide crisis services initiative, the Crisis Walk-In Clinic is contracted with Signal Behavioral Health. An Administrative Services Organization (ASO), the Crisis Walk-In Clinic provides assessment, intervention, disposition, and referral to anyone of any age experiencing a self-defined crisis.

Referrals include outpatient or inpatient treatment. Inpatient is for Crisis Stabilization Unit (CSU) level of care or higher and all coordinated by WIC staff.

Crisis Stabilization Unit (CSU)

Location: [2206 Victor St, Aurora, CO 80045](#)

Part of the statewide crisis services initiative, the CSU is a 16-bed 24/7 inpatient program offering intensive services for up to 5 days. Patients must have a mental health diagnosis to be eligible and can be admitted on an involuntary or voluntary basis. Services include medication evaluation/administration, individual, family and group treatment, case management, and outpatient referrals upon discharge.

Forensics, Substance Use Disorder (SUD), Residential, Access

Arapahoe Diverts Mentally Ill for Treatment (ADMIT)

Location: Alameda - [10782 E Alameda Ave, Aurora, CO 80012](#)

This program operates in coordination with the Arapahoe County Sheriff's Office. It is an intensive dual-diagnosis treatment program for mentally ill offenders of Arapahoe County Detention Facility (ACDF). Clients have been judicially approved to serve their sentence in the community. Clients participate in mental health, substance use, and forensic case management services on a daily basis.

Community Transition Counseling Center (CTCC)

Location: Alameda - [10782 E Alameda Ave, Aurora, CO 80012](#)

CTCC serves forensic clients with co-occurring treatment for mental illness and/or Substance Use Disorder (SUD). Clients are referred from the Colorado Department of Human Services (DHS), probation, parole, and Wellness Court. Clients receive treatment until they are considered "off papers" meaning they have satisfied their probation and/or parole. CTCC also works with clients, in collaboration with the

Colorado Office of Behavioral Health (OBH), who have been found to be Not Guilty by Reason of Insanity (NGRI) and are released back into the community from the state hospital.

Wellness Court

Wellness Court is an Aurora Municipal Specialty Court focused on helping non-violent offenders that are high utilizers of Emergency Medical Services (EMS) and police. Clients can be in the program for up to 2 years. Some clients are housed by AMHR at a property specific to this program.

Jail Based Behavioral Health Services (JBBHS)

Location: Arapahoe County Detention Facility

The JBBHS program supports the Arapahoe County Sheriff's Office by providing screening, assessment, and treatment of substance use disorders and co-occurring substance use/mental health disorders to inmates of Arapahoe County Detention Facility who need such services while in jail.

Second Chance Center (SCC)

"A Colorado based nonprofit organization specializing in re-entry programing offering management, mentoring, and vital resources to assist formerly incarcerated individuals in reestablishing their lives and becoming successful members of the community." AMHR contracts with SCC to provide an onsite therapist that provides mental health treatment.

Reset: Recovery Services (RRS)

Location: Alameda - [10782 E Alameda Ave, Aurora, CO 80012](https://www.google.com/maps/place/10782+E+Alameda+Ave,+Aurora,+CO+80012)

RRS provides traditional outpatient substance use treatment for adults 18 and older. Clients receive multiple contacts per week with recovery counselors. Services include Intensive Outpatient Treatment, Driving Under the Influence (DUI) education and court-ordered therapy, Medication-Assisted Treatment (MAT).

Clients may be provided with medications to decrease cravings and prevent relapse for both opioid and alcohol dependence. This is typically managed in conjunction with individual therapy, group therapy, and relapse prevention support.

Connect to Care (C2C)

Location: Stith Center - [791 Chambers Rd, Aurora, CO 80011](https://www.google.com/maps/place/791+Chambers+Rd,+Aurora,+CO+80011)

Connect to Care is primarily an access clinic serving as an initial point of contact for anyone who would like to receive services at Aurora Mental Health & Recovery. The multidisciplinary team completes screening and assessment with clients to determine direction for care. Connect to Care also provides single session focused counseling, case management, crisis intervention, and evaluations. C2C is set up as a 'hub', so is home to liaison and care coordination positions that work in partnership in the community to ensure that there is no wrong door for mental health care.

[Arapahoe County Department of Human Services Liaison](#)

The Department of Human Services (DHS) Liaison works in partnership with Arapahoe County Department of Human Services to provide consultation and assessment for youth and adults involved with DHS who need mental health and substance use services. The DHS Liaison coordinates and completes comprehensive mental health and substance use assessments, attends Arapahoe County's Listening to the Needs of Kids (LINKS) meetings, and provides consultation for the child welfare and legal systems in Arapahoe County.

[Housing Case Management](#)

This program provides case management, lease completion, and facility support to clients housing units that do not have on-site staffing. This includes Mountain House, Hanover, and Ruth Campbell.

[Aurora Sustained](#)

This is a pilot project in partnership with the Aurora Municipal Court that provides early assessment for people who are engaged with the Public Defender's Office.

[Pathways to Home \(PATH\)](#)

Location: [1544 Elmira St, Aurora, CO 80010](#)

This program provides intensive community-based services to individuals and families experiencing homelessness. There are 4 primary components to the PATH team:

- Street Outreach: Case managers go into the community to outreach and engage folks disenfranchised from traditional models of care. (Often just to make contact and give basic need supplies to people)
- Drop In (Mon - Thursday 9 am – 12 pm): a model of care designed for folks to come as they are, as they want, and as they need to get access to a full continuum of services in the mental health and housing sectors.
- Community Based Care: clinicians provide behavioral services in the community in efforts to decrease barriers and increase engagement with long-term teams.

- Housing team: provides housing assessment and housing case management.

Thomas House

Thomas House is a hospital stepdown and diversion program, providing short-term residential care to help adults stabilize and recover from debilitating mental health crises. Thomas House serves Aurora Mental Health & Recovery clients and military veterans referred by the psychiatric unit of the Denver Veteran's Administration. Clients receive aid in their stabilization through therapeutic milieu support, medication management, and individual counseling. The house is staffed 24 hours a day and provides support when a client is returning to the community after hospitalization.

Mrachek House

Mrachek House is an 8-bed, housing unit supported by the United States Department of Housing and Urban Development (HUD). It is licensed as an Assisted Living Residence (ALR) and provides independent housing services to low income AMHR clients. The property is staffed 24 hours per day and the staff provide case management support for residents.