

• connections •

..... here for you

by rhea maze

Have you ever wondered what it means if a friend says they can't remember the last time they experienced joy? Or if your partner had a drinking problem or your child's behavior was normal? Maybe you've entertained the thought of reaching out for help but didn't know where to turn or if you could afford it?

At one time or another, everyone could use a little help weathering life's storms. Whether you or someone you know might be struggling with mental health or substance abuse issues, experiencing a trying life change, or simply feeling under stress and in need of tips and tricks for coping, Connections is your local resource for taking the first step toward a solution.

"Anyone who's even thinking about seeking help should give us a call," says program manager Dee Colombini. Connections links people in the community to the resources they need, helps them navigate their options and provides ongoing support along the way. "We're client-centered and client-driven. We discuss what your needs are and get you connected."

Folks of all ages and backgrounds who call or walk in are immediately connected with a mental health professional and provided with comprehensive information and customized options. Connections staff are dually trained to provide mental health and substance abuse resources and support. They can help you find

providers covered by your insurance plan, connect you with their network of mental health professionals (including low cost and sliding fee scale providers) and provide your family members with education and resources. They can also help people sign up for Social Security, food stamps and Medicaid.

Through fires, floods, tornados and other disasters and emergencies, Connections maintains a strong local presence and works hand-in-hand with the Red Cross to provide disaster behavioral health response and crisis counseling. Their various other collaborations include work with the Northern Colorado AIDS Project, Poudre School District and the Larimer County Jail.

The team works hard to continuously address ongoing community needs. "We have many therapists in the community, but the lack of psychiatrists is a huge problem," Colombini says. In response, Connections has piloted a psychiatric medications group which allows people to access and start the medications they need. They also offer a weekly therapy group that teaches participants how to understand and regulate their emotions.

Life can get messy, and Connections helps people understand and access support options they may not have known existed before. "That's what we're all about," Colombini says. "A lot of people in the community don't know about this resource or think it applies to them—but we can help." ✨

"We often hear clients say, 'I didn't think I would ever want or need counseling, but this has been very helpful and I'm so glad you're here.'"

*—Dee Colombini,
Connections program
manager*

Help is here

Connections provides:

- ✓ Comprehensive information on counseling and treatment options
- ✓ Referrals to local counselors, treatment programs, classes, support groups and more
- ✓ Information on mental health and substance abuse
- ✓ Assistance coordinating care
- ✓ Support and advice from a client advocate
- ✓ Help connecting to services that meet your unique needs
- ✓ Help finding affordable counseling and medications
- ✓ Help during times of crisis

Connections, a partnership between the Health District of Northern Larimer County and Touchstone Health Partners, was formed in 2002 and works to connect members of the community with affordable mental health and substance abuse care.

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(970) 221-5551

525 W. Oak St.

(inside the Touchstone Health Partners building)

Open Monday through Friday 8 a.m. to 5 p.m.

(Walk-ins accepted 8 a.m. to 4 p.m.)

Phone help available 24/7

All services are strictly confidential