



SUBSTANCE ABUSE PREVENTION RESOURCES

Agency Name: ARAPAHOE/DOUGLAS MENTAL HEALTH NETWORK

Description of Course: Primarily individual therapy; focus on dual diagnosis issues (psychiatrists available); will work with client/family to determine most appropriate treatment (i.e. substance abuse education, family therapy, relapse prevention planning); Functional Family Therapy (FFT) available

Number of Sessions: varies

Locations: Littleton, Englewood, Parker, Castle Rock

Cost: Determined by insurance; indigent/sliding scale available

Contact: Mark Sanders LPC, CACIII

303-999-2305 Appointments: 303-730-8858

Agency Name: Creative Recovery Counseling

Description of Course: This program will cover topic areas, such as the definition and stages of dependency, physical and psychological effects of alcohol and drugs. In addition, students will learn and refine refusal skills, positive coping tools, strengthen communication skills, and to set goals and map out a plan to achieve these goals.

Number of Sessions: 8 hour workshop, offered over the course of two days, a Friday and Saturday, offered twice a month

Locations: 2323 S. Troy Street
Building #1, Suite 310
Aurora, CO, 80013

Cost: \$90 for 8 hour workshop/sliding scale available

Contact: Kathleen DeHerrera, MA, LAC, CACIII

303-752-2390

<http://creativerecoverycounseling.net/home.html>

Agency Name: DYNAMIC DIRECTIONS COUNSELING

Description of Course: This evidence based program shares accurate drug/alcohol information, current laws and obligations for those ticketed with MIP. An 8hr-12hr-20hr program exploring the reasoning around adolescent use, dealing with peer pressure, conflict resolution, communication skills, processing and identifying emotions effectively and other strategies for making good decisions.

Number of Sessions: varies

Locations: Littleton, Castle Rock

Cost: \$90.00

Contact: Mark Putnoy MSW CACIII LAC

Castle Rock: 303-688-1116

Littleton: 303-797-1440

clinicalsupervisor@dynamicdirectionscounseling.com

Agency Name: FAMILIES AT FIVE

Description of Course: A family-based intensive outpatient treatment program for substance abuse; uses a cognitive-behavioral model for the treatment of addictions

Number of Sessions: Four weeks, three nights per week, 5 p.m.-8 p.m. with additional family session during the week

Location: 7000 E. Belleview, Ste 203, Greenwood Village, CO 80111

Cost: \$1300; Families at Five is contracted with most insurance companies

Contact: Bonnie Mucklow LPC, CACIII

720-488-3822

Agency Name: IOLITE COUNSELING, LLC

Description of Course: Groups of 6-10 adolescents working from a Cognitive Behavioral approach focused on education of the effects and impact of drugs and alcohol, identification of support systems, making healthy choices and planning for the future. Individual therapy sessions are also offered which are more personal, varying from client to client to meet individual needs.

Number of Sessions: Groups meet Wednesday evenings or Saturday mornings once a week for 6 weeks, Individual sessions are scheduled based on individual need for at least 6 sessions.

Location: Castle Rock: Founders/Meadows Parkway and I-25-900 Castleton Rd.

Cost: Group sessions and individual sessions are \$40 each.

Contact: Valerie Cavillo MA, CAC II or Amanda Wigfield MA, CSPT, CSAT
(303) 956-8949 www.iolitecounseling.com valerie@iolitecounseling.com

Agency Name: NICOLE WOODMAN/SUBSTANCE ABUSE CLASSES (Alcohol or tobacco)

Description of Course: These classes will assist students in increasing the awareness of the dangers of substance abuse. Students will learn about the effects of alcohol or tobacco on the body, the aspects of addiction, and the negative impact substance abuse can have on your life. They will also learn positive behavior/life choices through problem solving, coping skills and interpersonal skills. Families are encouraged to attend these sessions together to evaluate family dynamics and communication styles.

Individual Counseling:

Location: 9220 Teddy Lane Suite 1200, Lone Tree, CO 80124

Cost: \$80 per child-six sessions are recommended

Contact: Nicole Woodman @ 303-895-8280, or by email at nicole@newyoucounseling.com
www.newyoucounseling.com

Agency Name: PROFESSIONAL COUNSELING SERVICES, INC.

Description of Course: ABI Substance Abuse-This program is interactive, and has been shown to be highly effective in assisting students learn about the effects and consequences of drugs and alcohol, make better choices, and improve communication within families. Students and parents consistently report getting a lot out of the program.

Number of Sessions: Six (parents are required to attend at least four) Groups will run when filled if numbers don't support an ongoing class

Location: Different locations

Cost: \$125.00 total/ Sliding scale on a limited basis

Contact: Annie Butler, LPC, CACIII
303-691-0225

Agency Name: RESOLUTION WORKS

Description of Course: Restorative Justice Marijuana Program-In-class Restorative Justice philosophies and marijuana and substance use and abuse education. The Juveniles will contract with the program to work on 5 projects to repair the harm to those who have been impacted by their actions around marijuana and/or paraphernalia charges. The outcomes will include decision making regarding substance use/abuse, general and family communication skill building, accountability, increased awareness of impacts, opportunity to repair harms and shift future choices of behavior.

Number of Sessions: 2 – three hour sessions = 6 hour in-class
1 – one hour intake meeting prior to scheduling class
1 – ½ hour final meeting to complete program

Location: One location in Littleton, one location in Aurora, various school buildings within the DCSD to be determined with published schedule of classes

Cost: \$250.00 per family (one juvenile with 1-2 supportive adults) /Scholarships and sliding scale available

Contact: S. Gabrielle Frey
720-629-7028, gfrey@YourResolutions.org, www.YourResolutions.org

Agency Name: RESOLUTION WORKS

Description of Course: Restorative Justice Underage Alcohol Use class is also offered for students receiving MIPs, working in conjunction with the 18th Judicial District. In-class Restorative Justice philosophies and alcohol use and abuse education are used. The Juveniles will contact with the program to work on 5 projects to repair the harm to those who have been impacted by their actions around alcohol usage or behaviors.

The outcomes will include decision making regarding substance use/abuse, general and family communication skill building, accountability, increased awareness of impacts, opportunity to repair harms and shift future choices of behavior.

Number of Sessions: 2 – three hour sessions = 6 hour in-class
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Contact: S. Gabrielle Frey
720-629-7028, gfrey@YourResolutions.org, www.YourResolutions.org

Agency Name: RUNNING CREEK COUNSELING SERVICE, P.C.

Description of Course: Our Substance Abuse Group for teens ages 13 to 18 years old educates teens about the risks of further drugs and alcohol use as well as prevention from relapse. The group has topics covering anger and stress management, decision making skills, peer pressure, triggers, coping skills and high risk behaviors and situations.

Number of Sessions: Ranges from 18 to 26 sessions, determined by severity of problem and progress in treatment.

Location: 18425 Pony Express Drive, Suite 203, Parker, CO 80134. Just West of Parker's Main Post Office.

Cost: \$30 per group session, \$60 for intake (required)/Sliding scale if qualified

Contact: 303/805-1218 x102 or 0 to schedule an intake or for further information, www.rccounseling.com

Agency Name: THE WOMEN'S CRISIS & FAMILY OUTREACH CENTER (WCFOC)

Description of Course: Short term intervention for Douglas County School District students and their parent(s) when the student has a school-related substance abuse disciplinary issue. Treatment includes separate sessions for the student and parent(s) followed by a family session on two separate occasions. Documentation will be provided at the conclusion of treatment.

Number of Sessions: Treatment includes separate sessions for the student and parent(s) followed by a family session on two separate occasions.

Location: Office located in Castle Rock

Cost: The non-refundable fee for service is \$400 due prior to the first session (cash, check or credit accepted—no insurance billing).

Contact: The Women's Crisis & Family Outreach Center [\(303\) 688-1094](tel:3036881094)