

# School-Based Behavioral Health Services

The Health Solutions School-Based Behavioral Health Services is a collaborative effort between Pueblo area school districts and Health Solutions that promotes positive behavioral health for students and their families.

Skilled therapists are available at District 60 and 70 Elementary, Middle, and High Schools throughout Pueblo County.



## Our Mission:

Health Solutions exists to assist those in need of healthcare services who require expert care to support recovery and to successfully achieve their healthcare goals. Health Solutions is committed to offering exceptional quality services that set the standard for healthcare in Colorado. This care is provided through service excellence, innovation, compassion, and promotion of self-determination.

## Our Values

**We believe** that individuals in need of our services are our highest priority. They are the reason why Health Solutions exist.

**We believe** in the preservation of human dignity, self respect, and individual rights in a caring environment that results in enabling individuals to live, work, and contribute in their chosen community.

**We believe** in the person-centered approach to care in which the total healthcare needs of the individual are addressed. We encourage families to become involved in their loved one's treatment efforts.

**We believe** our employees are our most valuable asset and we promote a healthy work environment, open communications, teamwork, trust, honesty, and ethical behavior which allows us to be accountable to each other, to the individuals we serve, and to our community.

**We believe** that Health Solutions should be responsive to the healthcare needs of its communities and should direct its resources to meet those needs in a cost effective manner.

**We believe** in being a good corporate citizen of the community, maintaining communications with the various public's we serve, and participating actively in community affairs, particularly those related to healthcare.

Health Solutions provides behavioral health services at no cost to Health First Colorado members.

These members may be charged a co-pay for medical services. Please ask our support staff for more details.



## School-Based Services

1012 W. Abriendo Avenue  
Pueblo, CO 81004  
Phone: 719.583.2207



[www.Health.Solutions](http://www.Health.Solutions)

# Our School-Based Services



# School-Based Behavioral Health Services

Our therapists can provide focused, short-term treatment to students with emotional, behavioral, or substance abuse problems. They will also work with school staff, parents, and guardians in coordinating intervention and treatment services for these students.

## Students

Make an appointment to see a therapist at one of the schools we serve if you're feeling or experiencing any of the following:

- Overwhelmed or stressed
- Anxious
- Depressed
- Angry
- Being bullied/afraid of school
- Having no friends
- Having problems with parents
- Substance abuse problems
- Difficulty with your school work
- Suicidal

Parents and teachers are usually able to understand and deal with the biological and social changes that come with adolescence, but the psychological changes often leave them confused, angry, or frustrated as they interact with the adolescents in their lives.

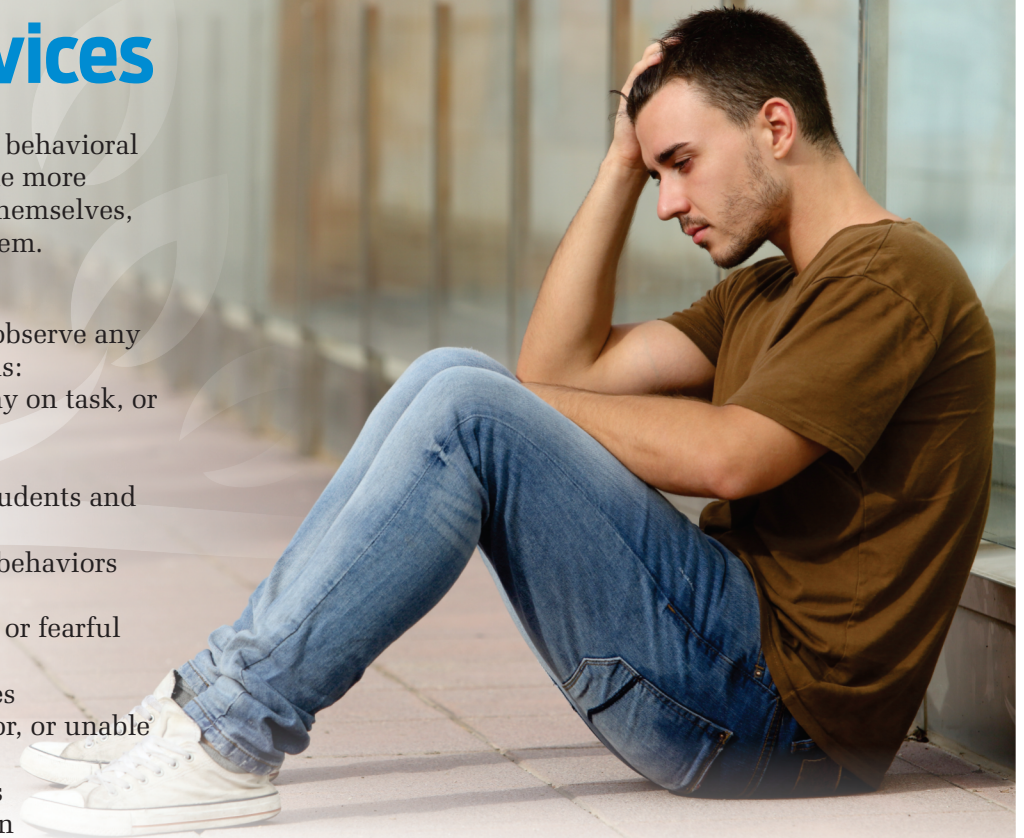
As adolescents make a shift between childhood and adulthood, they too are confused, angry, or frustrated. They often find themselves pulled in two directions, seeking their independence, while still requiring support and guidance from the adults in their lives, yet not always willing to admit to that need. Plus, they are dealing with fluctuating hormone levels, changing moods, and a certain uneasiness about finding acceptance

amongst their peers. If they have some behavioral health issues, their lives clearly become more complicated and difficult not just for themselves, but for everyone who interacts with them.

## Parents and Teachers

Make a referral to this program if you observe any of the following behaviors in your teens:

- Unable to follow directions, stay on task, or concentrate
- Displaying bullying behaviors
- Being withdrawn from other students and regular school functions
- Exhibiting angry or aggressive behaviors
- Inflicting self injuries
- Being overly anxious, stressed, or fearful
- Appearing to be depressed and disinterested in school activities
- Displaying hyperactive behavior, or unable to sit still for class
- Exhibiting impulsive behaviors
- Having an apparent difficulty in making/keeping friends
- Trouble with authority; threatening others
- Suggesting life is not worth living; suicidal thoughts or actions



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