

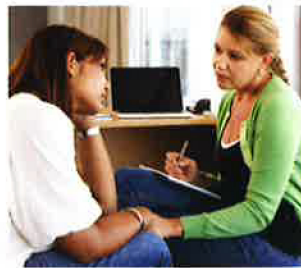
# Behavioral Health Services

## Las Animas & Huerfano Counties

Health Solutions is a comprehensive, non-profit community behavioral health treatment provider with centers in Pueblo, Huerfano and Las Animas counties. Health Solutions is licensed by the State of Colorado, and governed by a citizens' board of directors, whose mission is to make available a comprehensive range of affordable and quality community-based behavioral health services.

### Those we serve:

- Adults
- Couples
- Families
- Children & Adolescents
- Older Adults



### Services we provide:

- Individual Therapy
- Couple Therapy
- Family Therapy
- Substance Abuse
- Medications
- Emergency
- Acute Care



### 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.



### Huerfano County

926 Russell Avenue  
Walsenburg, CO 81089  
Phone: 719-738-2386

### Las Animas County

417 S. Indiana  
Trinidad, CO 81082  
Phone: 719-846-4416

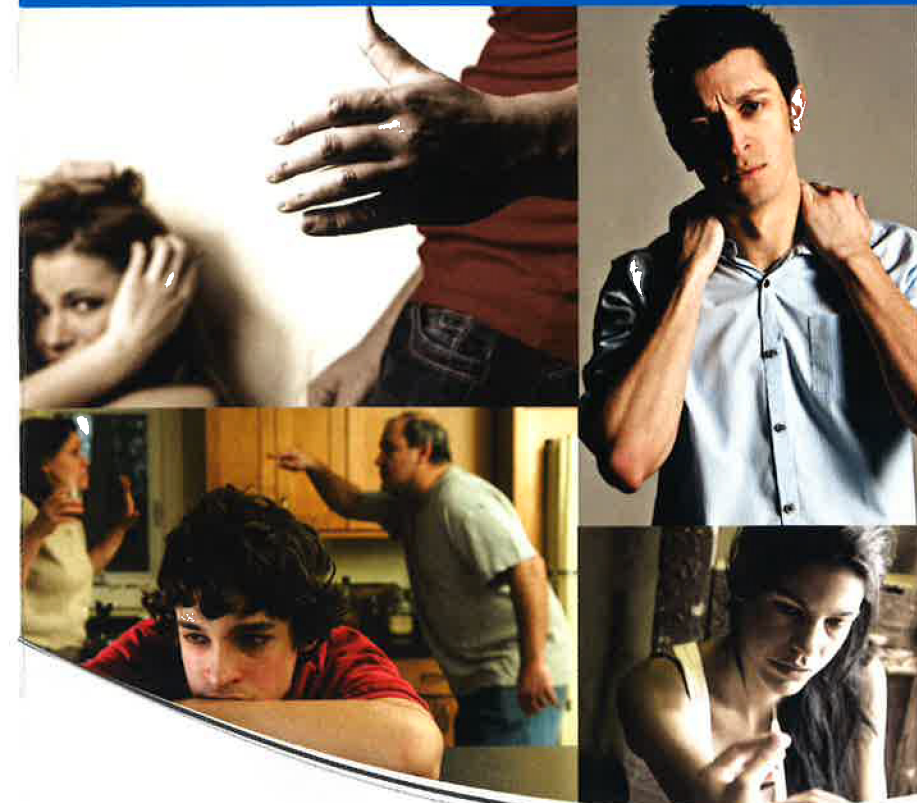
Mt. San Rafael Hospital  
400 Benedicta Avenue  
Trinidad, Colorado 81082  
Phone: 719-845-3161

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



# Our Behavioral Health Services

## Las Animas & Huerfano Counties



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## Las Animas & Huerfano Counties

### Emergency Crisis Services

Individuals do not need an appointment to have an emergency evaluation completed. Evaluations are provided for individuals of all ages. You will be evaluated by one of our clinicians who will determine the level of care most appropriate for you. If inpatient treatment is indicated, our treatment team of psychiatrists, psychiatric nurses, therapists, behavioral healthcare coordinators, and care managers will then work with you to help you become stabilized. Our clinicians can complete evaluations in the hospital emergency room, at the county jail, police department, local nursing homes, boarding homes, and other community settings in order to assess your situation and assist you in getting appropriate treatment. Youth 15 years and older can be seen without their parents' consent. Any individual who is intoxicated or under the influence of alcohol or other illegal substance may need to go through detox in order to be thoroughly and competently evaluated.

### Therapy & Case Management

Our masters-level therapists offer strengths-focused, evidence-based, and culturally-sensitive therapy to adults, children, and families. Our case managers are skilled in helping families identify their specific needs and locate the appropriate resources to meet those needs. Case managers can offer in-home services when needed. Our therapists have diverse backgrounds and are experienced in areas of cognitive and behavioral therapy, play therapy, art therapy, EMDR, motivational interviewing, and dual diagnosis.

### Child & Adolescent Behavioral Health

Children and adolescents typically face challenges at all ages that are unique to their genetics, individual development, past experiences, and family culture. As we recognize the individual needs of our clients, we offer a variety of services geared to meet each child's specific needs and encourage healthy development. Our therapists, case management services are available, and psychiatrists share a common goal, and work together to provide services for children between birth and 18 years of age. They utilize best practices that focus on the strengths of the child and his/her family, thus promoting strong relationships and healthy futures for each child enrolled in the program.

### Early Childhood Services

As a parent, you may wonder whether your toddler's temper tantrums are "normal," or why your three year old prefers communicating physically rather than verbally, or whether you should be concerned if your preschooler displays a fascination with fires, or is intent to hurt animals. What is normal behavior? When should you be concerned? Thanks to funding from the State of Colorado for community behavioral health centers, Spanish Peaks Behavioral Health Centers developed an Early Childhood Program for children from birth to 8 years of age and their parents. Behavioral health services will be provided to families with preschool kids who have no health insurance or do not qualify for Medicaid under this program. These services are also available to those with Medicaid, other insurance benefits, and cash or credit card.



### Acute Treatment Unit in Pueblo, CO

The Acute Treatment Unit (ATU) is a 16-bed inpatient facility for men and women 18 years of age or older who are in an emotional crisis or have a serious psychiatric issue. It is offered as a less restrictive alternative to hospitalization. The ATU provides a safe and secure environment for individuals who do not require hospitalization or an extended length of stay.



Behavioral Health Centers  
Las Animas & Huerfano Counties