

Mental Health Supports

Mental Health Supports in Jeffco

Jeffco Public Schools is dedicated to promoting safe and supportive learning environments that increase mental health outcomes for all. Jeffco mental health professionals use a research-based approach to enhancing the coping skills and resiliency of our students, from prevention to intervention.

Jeffco strives to keep our students, staff, and families informed and engaged in discussions about various aspects of mental health affecting our community. Open conversations and shared understanding lead to better outcomes for students.

Together, we can make a positive impact on the well-being of our students and the entire community.

Mental Health Professional Roles

Thanks to funding from ballot initiative 5A, Jeffco has added different mental health roles and efforts across schools and grade levels to better meet the needs of students, schools and communities. Mental health professionals in these different roles meet and focus to provide collaborative services and support to increase student's mental health, wellness and academic success.

+ School Counselors

Jeffco counselors are educated in the area of implementing school counseling programs that meet unique student needs. This approach includes support around academics, social emotional learning and career planning. Support is delivered through classroom guidance lessons, small groups and in individual settings.

Counselors support social emotional learning through implementation of Sources of strength, completion of suicide risk assessments, child protection reports and crisis recovery. They support career planning through the Individual Career and Academic Plan (ICAP).

+ Social Emotional Learning Specialists (SELS)

SELS are mental health professionals across the fields of school psychology, school social work and school counseling with expertise in prevention based tiered implementation of social emotional learning.

SELS support school-based implementation of positive school climate & culture efforts, the direct instruction of social emotional learning, and tier 2 supports. SELS facilitate the use of data-based problem solving across the tiers to ensure increased behavioral, prosocial, and academic outcomes for all students.

+ School Social Workers

Social workers provide direct and consultative mental health and behavioral services to students who are identified as having an educational disability and are eligible for special education or 504 services. Social workers provide assessments and interventions for students who are in the evaluation process for special education eligibility. They can serve any student in the school in a crisis situation or students who have received parental consent. They have expertise in community resources to provide more intensive services to students and families in need.

+ School Psychologists

Psychologists provide direct and consultative mental health and behavioral services to students who have been identified as having an educational disability and are eligible for special education or 504 services. They provide assessments and interventions for students who are in the evaluation process for special education eligibility. They can serve any student in the school in a crisis situation

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+ Jefferson Center Counselors

Jefferson Center counselors and social workers are contracted through Jefferson County Mental Health. Currently, 23 schools have brought in these specialists to provide the most intense level of mental health interventions and to be a community resource for students.

+ Gifted and Talented Social Emotional Learning Counselors

Social Emotional Learning Counselors (SELCs) provide counseling support to gifted students at Gifted and Talented (GT) center schools. The support system that GT SELCs provide includes the Collaborative for Academic, Social, and Emotional Learning (CASEL) competencies of self-awareness, self-management, responsible decision-making, relationship skills and social awareness.

SELCs collaborate with teachers, school mental health providers, administrators, families and any outside agency involved in the student's life to provide quality support for gifted learners. They provide classroom instruction, small group interventions and brief individual counseling support within the GT center of the school. SELCs are also available for consultation with any school needing support to serve GT populations.

+ Nurses

Nurses provide social-emotional wellness support, but they do not provide direct, clinical support in terms of mental health therapy. The eight site-based high school nurses coach students and provide students with tools to make healthy decisions.

All high school nurses also provide support for students who struggle with substance abuse. They assess students for substance abuse risk factors through screening tools and connect the student and family with community resources. Nurses are the physical and mental health liaisons between the mental health provider at STRIDE Community Health Center School Based Health Centers (SBHCs) and the school students. All Jeffco nurses have a mental health educational background and connect students and families to the appropriate district and community resources.

Mental Health & Wellness Supports for Families

Jeffco strengthens its community through mental health and wellness. With ongoing feedback from the community, Jeffco creates resources and hosts experts in the field for live virtual presentations about different proven protective factors for youth and families. View and register for an upcoming speaker or browse archived talks and resources.

+ Archived mental health and wellness expert seminar speaker series and presentations

Experts in the field share ways to support emotional health and wellness for your family in an always-changing world.

- [Navigating the Challenges of Screens and Technology Presentation Slides](#) 
- [Navigating the Behavioral Challenges of Setting Screen Time and Technology Limits Recorded Q&A with Nick Thompson](#) 
- [Parenting is Hard Presentation Slides](#) 
- [Managing Moments Presentation Slides](#) 
- [Does your Child have Difficult Behaviors Presentation Slides](#) 
- [Collaborative Problem Solving Resource adapted from Ross Green's work](#) 
- [Alcohol, Marijuana, and the Teen Brain Presentation Slides](#) 
- [Movement and Mental Health Presentation Slides](#) 
- [Helping Children and Teens Presentation Slides](#) 

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- [Mindful Families Presentation Slides](#) 
- [Smart but Scattered Presentation Slides](#) 

+ Mental health and wellness tools and tips for families

Learn ways to help young people and your family focus on mental health and wellness with different protective factors. Protective factors are conditions or attributes that promote health and well-being. Research shows that increasing students' protective factors also increases the chances that they will become successful adults.

- [Family Support Community Infographic \(EN & SP\)](#) 
- [Screen time and Technology Family Infographic](#) 
- [Creating a Family Media Plan](#)  (link to Healthy Children)
- [Generosity Family Infographic](#) 
- [Gratitude Family Infographic](#) 
- [Physical Health Family Infographic](#) 
- [Healthy Coping Ideas-Physical & More For Teens](#) 
- [Safeguarding Your Home: Monitor, Lock, and Dispose of Other Drugs](#) 
- [Stress Reduction Ideas](#) 
- [Mental Health Family Infographic](#) 
- [Mindfulness Family Infographic](#) 
- [Healthy Activities Family Infographic](#) 
- [Sleep Hygiene Family Infographic](#) 

Virtual Calm Room

Find tools and strategies to manage emotions and stress by integrating purposeful pauses throughout the day to calm both the brain and body. These tools are for staff, families and students. These are not intended to replace psychological help. If you are in crisis, call or text the National Suicide Prevention Hotline at 988, 24 hours a day.

[Explore The Virtual Calm Room \(/Fs/Pages/4038\)](/Fs/Pages/4038)

Substance Prevention Support

Explore resources for students and families to identify and address substance abuse or misuse.

[Learn More About Substance Prevention \(/Fs/Pages/5265\)](/Fs/Pages/5265)

Suicide Prevention and Intervention

Jeffco believes it is ethically imperative to do everything possible to prevent suicide. Find out more about ways Jeffco Schools supports emotional and behavioral health through suicide prevention programming and register to get trained in techniques to help someone who may be suicidal.

[Learn More About Suicide Prevention \(/Fs/Pages/4037\)](/Fs/Pages/4037)

Hazel Health

With Hazel Health, your student can get free mental health support. Virtual therapy sessions with Hazel Health are safe, private and confidential.

- **[Learn more about Hazel Health in Jeffco \(/fs/pages/3904\)](/fs/pages/3904)**
- **[Consent for services](#)** 
- Request a therapy appointment for your student by calling Hazel Health at 1-800-76-HAZEL (42935)

Community Resources



Jeffco Schools Foundation [↗](#) - Thanks to the generous community, Jeffco Schools Foundation continues to provide supports over the Summer of 2020 for students and families impacted by the economic impacts of COVID-19. Jeffco continues to offer internet support for qualifying families, food and essential supports through district leadership working with community partners, corporate partners and volunteers,



Jefferson County Public Library [↗](#) - Explore new worlds, embark on harrowing adventures and meet the most interesting people in the world - all from your own home. Reading has the power to transport us, no matter where we are. Join a camp, class, or daily exercise with Jefferson County Public Library and make this summer unforgettable.



The Action Center [↗](#) - The Jeffco Action Center is the largest Jeffco community hub and offers five-day food supplies, clothing, household items, mail services, rent assistance, utility assistance and connections to community outreach partners. Food services are available for drive-thru and walk-up service. Appointments required. 720.215.4850.



Jefferson Center for Mental Health (JCMH) [↗](#) – Offers a full range of services and resources to support the mental health of children, youth and families. 303.425.0300 | Español.



Colorado Crisis Services [↗](#) - A statewide resource that provides walk-in services for crisis intervention, referrals and information. Crisis line: 1.844.493.8255 and Text “TALK” to 38255. The crisis support line and walk-in centers are confidential and are available 24 hours a day, every day.



Safe to Tell [↗](#) – Anonymous way for students, families and community members to report unsafe and risky behaviors before they grow out of control. 1.877.542.7233.



El Centro de las Familias  – Part of the Mental Health Center of Denver, this is a multi-cultural clinic providing Spanish-language and bilingual outpatient mental health care to Denver’s Latino/Hispanic community. 303.504.7900.



Jeffco Families Colorado  – Find childcare, preschool and school-age programs in Jefferson County.