

**~ Health and Wellness Resources ~**  
**For Students, Parents, School and District Staff**  
**SOCIAL/EMOTIONAL AND MENTAL HEALTH**

TOPIC	RESOURCE LINK
Community Resources: Individual /Family Counseling	<ul style="list-style-type: none"> <li>• Jefferson Center for Mental Health <a href="http://www.jeffersonmentalhealth.org/">http://www.jeffersonmentalhealth.org/</a></li> <li>• Kaiser Permanente Health and Wellness <a href="http://www.Kaiserpermanente.org">www.Kaiserpermanente.org</a></li> <li>• Mile High United Way <a href="http://www.unitedwaydenver.org/e">http://www.unitedwaydenver.org/e</a></li> <li>• Family Tree <a href="http://www.thefamilytree.org/about_us/">http://www.thefamilytree.org/about_us/</a></li> <li>• Colorado Coalition Against Domestic Violence <a href="http://www.ccadv.org/">http://www.ccadv.org/</a></li> <li>• Depression and Bipolar Support Alliance <a href="http://www.dbsalliance.org/">http://www.dbsalliance.org/</a></li> <li>• National Institute for Mental Health <a href="http://www.nimh.nih.gov/">http://www.nimh.nih.gov/</a></li> <li>• Consumer Credit Counseling Service <a href="http://www.cccsintl.org/">http://www.cccsintl.org/</a></li> <li>• Anxiety Disorders Association of America <a href="http://www.adaa.org/">http://www.adaa.org/</a></li> </ul>

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Healthy Relationships: Parent Family	<ul style="list-style-type: none"> <li>• Love and Logic Institute, Inc. <a href="http://www.loveandlogic.com">www.loveandlogic.com</a>; 303-278-7552</li> <li>• iVillage <a href="http://parenting.ivillage.com/">http://parenting.ivillage.com/</a></li> <li>• 10 Tips for Improving Family Mental Health <a href="http://www.nmha.org/go/olderadults/10tips">http://www.nmha.org/go/olderadults/10tips</a></li> <li>• Parenting Education Classes at Lutheran Medical Center 303-425-2929</li> </ul>
Healthy Relationships: Peers Dating	<ul style="list-style-type: none"> <li>• Choose Respect <a href="http://www.chooserespect.org">http://www.chooserespect.org</a></li> <li>• Prevention of Bullying: <a href="http://www.nobully.com">http://www.nobully.com</a></li> <li>• Prevention of Bullying: Cyberbullying <a href="https://kaiserpermanente.org">https://kaiserpermanente.org</a>, in the search box type “bullying”, select your region in the dropdown menu</li> </ul>
Healthy Relationships: Work	<ul style="list-style-type: none"> <li>• Jeffco Schools Employee Assistance Program <a href="http://jeffcoweb.jeffco.k12.co.us/eap">http://jeffcoweb.jeffco.k12.co.us/eap</a>, 303-982-0377</li> <li>• The Conflict Center <a href="http://www.conflictcenter.org">http://www.conflictcenter.org</a></li> </ul>
Positive Behavior Support	<ul style="list-style-type: none"> <li>• Colorado Department of Education Positive Behavior Support for Parents and Schools <a href="http://www.cde.state.co.us/pbs/">http://www.cde.state.co.us/pbs/</a></li> </ul>
Resilience	<ul style="list-style-type: none"> <li>• American Psychologic Association 10 Tips to Build Resilience: <a href="http://www.apahelpcenter.org/featuredtopics/feature.php?id=39&amp;ch=2">http://www.apahelpcenter.org/featuredtopics/feature.php?id=39&amp;ch=2</a></li> </ul>

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Resilience for Teens	<ul style="list-style-type: none"> <li>• “Got Bounce”  <a href="http://apahelpcenter.org/dl/resilience_for_teens-got_bounce.pdf">http://apahelpcenter.org/dl/resilience_for_teens-got_bounce.pdf</a> </li> </ul>
Developmental Assets of Youth	<ul style="list-style-type: none"> <li>• The Search Institute  What Kids Need to Succeed  <a href="http://www.search-institute.org/assets">http://www.search-institute.org/assets</a> </li> </ul>
Physical Activity and Positive Mental Health	<ul style="list-style-type: none"> <li>• Colorado Department of Education  Physical Activity and Health  <a href="http://www.cdc.gov/nccdphp/sgr/ataplan.htm">http://www.cdc.gov/nccdphp/sgr/ataplan.htm</a> </li> <li>• BNET, Business Network  Promoting mental health through physical activity: examples from practice  <a href="http://findarticles.com/p/articles/mi_qa4122/is_200403/ai_n9465303">http://findarticles.com/p/articles/mi_qa4122/is_200403/ai_n9465303</a> </li> <li>• American Heart Association--Exercise (Physical Activity), Mental Health and Mental Ability  <a href="http://www.americanheart.org/presenter.jhtml?identifier=4550">http://www.americanheart.org/presenter.jhtml?identifier=4550</a> </li> <li>• United States Department of Health and Human Services, Physical Activity Fundamental To Preventing Disease  <a href="http://aspe.hhs.gov/health/reports/physicalactivity/">http://aspe.hhs.gov/health/reports/physicalactivity/</a> </li> <li>• The Colorado Health Foundation  The Mind Connection  <a href="http://www.coloradohealth.org/landing.aspx?id=2570&amp;terms=mental+health">http://www.coloradohealth.org/landing.aspx?id=2570&amp;terms=mental+health</a> </li> </ul>
Stress Management/ Stress Busters	<ul style="list-style-type: none"> <li>• The Resiliency Center  <a href="http://resiliencycenter.com/">http://resiliencycenter.com/</a> </li> <li>• THRIVEnet  <a href="http://thrivenet.com/">http://thrivenet.com/</a> </li> <li>• Wellness Now!  <a href="http://www.wellnessnowjcmh.org/">http://www.wellnessnowjcmh.org/</a> </li> </ul>

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Substance Abuse Prevention	<ul style="list-style-type: none"> <li>• Substance Abuse and Mental Health Services (SAMSHA) United States Health and Human Services Administration Building Resiliency, Facilitating Recovery—A Life in the Community for Everyone <a href="http://www.samhsa.gov">http://www.samhsa.gov</a></li> <li>• Jefferson County Department of Health and Environment <a href="http://jeffco.us/health/health_T111_R83.htm">http://jeffco.us/health/health_T111_R83.htm</a></li> <li>• Denver Area Central Committee of Alcoholics Anonymous <a href="http://www.daccaa.org">http://www.daccaa.org</a></li> <li>• National Institute on Alcohol Abuse and Alcoholism <a href="http://www.niaaa.nih.gov/">http://www.niaaa.nih.gov/</a></li> <li>• U.S. Department of Health and Human Services Mental health substance abuse – prevention of underage drinking <a href="http://www.surgeongeneral.gov/topics/underagedrinking">http://www.surgeongeneral.gov/topics/underagedrinking</a></li> <li>• Colorado QuitLine <a href="http://www.coquitline.org">http://www.coquitline.org</a></li> </ul>
Enhance Learning and Mental Health of All Children and Youth	<ul style="list-style-type: none"> <li>• National Association of School Psychologists Information and Resources for Students, Families, and Educators: <a href="http://www.nasponline.org/index.aspx">http://www.nasponline.org/index.aspx</a></li> </ul>