

Mental Health Support
BGCHR July 1, 2021 - July 31, 2022

The Boys and Girls Club of the High Rockies is collaborating with Conifer Counseling to provide Mental Health Support to club members. Conifer Counseling staff will be onsite to provide Psychoeducation in a group setting, offer de-escalation skills for members identified by BGCHR staff, and can offer individual Psychotherapy at the request of parents.

Group Psychoeducation provides a forum for growth and healing, is a testing ground in which each person can talk freely with others about concerns in order to better understand themselves, and to learn new ways of thinking, feeling, and acting.

Participation in group provides members with the opportunity to hear and learn from the experiences and stories of others. Often group members will find that they relate to and take something of value for themselves away from the 'share' of each person in the group. In addition, group members learn how to help the other members of the group and in so doing practice relating to others in a healthy functional manner.

Group Psychoeducation is free to club members.

_____ Please initial here if you give consent for your child to participate in group Psychoeducation.

There may be times when club members need space and time to de-escalate. So as not to disrupt the functioning of the club and take a BGCHR staff member away from the other club members, this individual will be offered a safe environment with a Conifer Counseling staff to practice calming/relaxation techniques or other mindfulness skills.

This service is free to club members.

_____ Please initial here if you give consent for your child to utilize de-escalation services.

If you are interested in your child receiving individual Psychotherapy, please contact Conifer Counseling directly at 720-722-0122 or intake@conifercounseling.com.

Conifer Counseling providers are required by law to share information in the following situations: (a) reporting child abuse or neglect or elder abuse; (b) when court ordered to release information; (c) when there is a legal duty to warn or take action regarding imminent danger to others; (d) when the client is a danger to self or others or gravely disabled; (e) when a coroner is investigating the client's death; or (f) to health oversight agencies for oversight activities authorized by law and necessary for the oversight of the health care system, government health care benefit programs, or regulatory compliance.

Club Member's Printed Name

Parent's/Guardian's Printed Name

Parent's/Guardian's Signature

Date