

## BEHAVIORAL/MENTAL HEALTH CENTER OPENS IN CRESTED BUTTE

**FOR IMMEDIATE RELEASE – Crested Butte, CO – June 6, 2019** – The Center for Mental Health (CMH) will open new offices in Crested Butte offering behavioral services to the community. The Center will work closely with the area’s health care professionals to inform the community that behavioral health counseling is available in a confidential and appropriate setting. Services will be available Monday through Friday 9 a.m. – 6 p.m. (closed for lunch 1:00 – 2:00).

Currently, comprehensive behavioral health services are limited based on the need of the population. “We are excited to work with local health care professionals to expand the mental health services available to our community,” said Kimberly Behounek, LPC, CACIII, Regional Director for Gunnison and Hinsdale Counties. “The combination of peer support, substance-abuse counseling, mental health therapy and medication management services will make CMH another resource for those needing help.” CMH will offer these services at an important time when the need for behavioral health care is on the rise. “The community recognized the need and came together to make it happen,” added Behounek. “It wouldn’t be possible without Gunnison Valley Health and local philanthropic dollars.”

“There was no question that we needed to expand mental health resources to Crested Butte,” said Rob Santilli, CEO, Gunnison Valley Health. “Together with CMH and the local independent practitioners, we are identifying innovative programs that will help make a positive impact in our community,” he said. “The addition of our joint peer support specialists who have experience at both ends of the Valley demonstrates our commitment to build effective outreach programs that will connect those in need. We are pleased to be part of the solution to help create a healthier community,” added Santilli.

The Western Slope, an area of approximately 10,000 square miles, has had limited access to behavioral health services, but CMH is making strides in fulfilling the void. “We are honored to be a reputable, integral provider of behavioral health services in our communities,” said Shelly J. Spalding, CEO of the Center for Mental Health. “Providing behavioral health services in Crested Butte has been a priority and we look forward to meeting the needs of folks in Crested Butte close to home. In addition, residents of Crested Butte will have access to the services offered by our new Crisis Walk-In Center in Montrose, 24 hours a day, 7 days week without having to drive to Grand Junction or Durango in a crisis situation.” The Center accepts Medicaid, Medicare and certain insurance and offers a sliding fee schedule based on income.

“Our family was faced with an unspeakable tragedy when our son, Kyle took his life,” said Paul Uhl, part-time resident and philanthropist. “We believe the opening of CMH is only the tip of the iceberg and it’s critical in addressing this and other issues in our community.” Uhl and other community leaders were all impressed how the community came together to make this location a reality in raising the necessary funds.

Serving all ages, the new location will also treat children and adolescents with a part-time therapist with pediatric training. “We are at a turning point in our ability to serve the pediatric and adolescent populations,” said Laura Rogers,

nurse practitioner at CMH Crested Butte. “With more kids facing depression, anxiety and suicidal tendencies, it’s critical to have someone with whom they can talk.” If it’s determined that someone has greater needs than the treatment options available in Crested Butte can address, the Center can refer them to another contact in the area near Crested Butte. “The need for mental health care can truly be a life and death situation when someone reaches out for help,” emphasized Uhl.

The Center for Mental Health is a nonprofit organization seeking to promote mental health and well-being. It provides behavioral health services across 10,000 square miles including Delta, Gunnison, Hinsdale, Montrose, Ouray, and San Miguel Counties. Visit [www.centermh.org](http://www.centermh.org) to learn more.

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