

For Immediate Release

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The Center for Mental Health Expands to New Telluride Location Open House Scheduled for Thursday

Telluride, CO – August 29, 2019 – Due to increasing behavioral healthcare needs in the Telluride community, The Center for Mental Health (CMH) has moved to a new location downtown to better serve the community. A community open house is scheduled for Thursday, August 29th from 1 p.m. to 3 p.m. where the community can come to meet clinicians and learn more about the services offered. Comments from CMH leadership are scheduled for 2 p.m.

Currently, comprehensive behavioral health services are limited based on the needs of the population. “We understand the need for these services given the research we have done in the communities we serve,” said Shelly J. Spalding, CEO of The Center for Mental Health. “We are fully anticipating that we will continue to work with the mental health professionals already located in Telluride. This will simply offer the community more and expanded options.”

Staffed with certified behavioral health professionals, the Telluride location will offer a convenient, local resource for mental and behavioral healthcare services such as comprehensive mental-health assessments, medication management, family and individual therapy, substance use and abuse treatment, support groups, suicide prevention as well as grief, depression, and anxiety counseling. “Our mountain communities need and deserve high-quality behavioral health services close to home,” added Laura Byard, CMH’s regional director who oversees operations in Telluride. “Thankfully the taboo around mental healthcare is decreasing and people are seeking help. Our goal is to help our community learn about behavioral health and get the help they need to live life in Telluride to the fullest.”

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 filling the void.

The new Telluride location will offer appointments during regular business hours, as well as walk-in times when new clients can come in to get started on treatment. “Our goal is to continue to be part of the Telluride community and to increase our presence and the services we offer,” added Spalding. In the event someone has a mental health emergency crisis or needs short-term inpatient care, they will be able to get services from the new Crisis Walk-In Center, opening to the public in mid-September. The Crisis Walk-In Center, located in Montrose, will offer detox services, walk-in care, and crisis stabilization as well as inpatient care, if needed.

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. The Center for Mental Health accepts Medicare, Medicaid, most insurance, and offers a sliding fee schedule based on income. Visit www.centermh.org to learn more.

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