

Dear Community Partners,

The Center for Mental Health is committed to ensuring the continuity of our behavioral health services while also safeguarding the health of our staff, clients, and community. We have established an internal COVID-19 Response Team composed of leaders from various areas of our organization to interact effectively with state and local agencies across our six-county region.

In alignment with the Colorado Department of Public Health and Environment's (CDPHE) recommendations to limit the spread of the virus, we have taken the following preventative steps:

- As of Monday, March 16 all scheduled appointments at our Gunnison and Crested Butte locations will move to telephone or tele-video instead of in-person. Our staff will call clients directly to make arrangements 24 hours prior to their appointment.
- Currently, all our other locations remain open to provide services to clients not exhibiting symptoms or having known exposure.
- The Crisis Walk-In Center at 300 N. Cascade Ave., Montrose is open 24/7 for clients experiencing mental health crises.
- To manage the demand for urgent care, we encourage community members to call 844-493-TALK (8255) or text TALK to 38255 to receive mental health crisis support, if possible.
- We are verbally screening all clients and staff for symptoms and exposure at every location. If someone has symptoms, we will ask them to reschedule.
- We have implemented extra cleaning protocols at all of our offices and are maintaining 6 feet social distancing protocols to prevent the spread of the virus.
- The Center for Mental Health representatives have joined county-wide COVID-19-specific safety/communication committees led by CDPHE, Montrose and Gunnison County Public Health, Office of Behavioral Health and other agencies. We are actively engaging with these groups to protect the health and well-being of our communities. We will continue to share information as it becomes available.

I understand that this situation is causing stress and anxiety in our community. I appreciate the sense of calm and thoughtful planning our staff and community leadership are providing. Please focus on taking care of yourself, and your family, and practice coping and self-care tactics. We will continue to post additional updates on our website and on our Facebook page.

We recommend visiting www.cdc.gov for up-to-date information on COVID-19 and how to protect yourself and your family.

Sincerely,



Shelly J. Spalding, Chief Executive Officer
The Center for Mental Health