



RAFT Resource List

We are happy to offer this list of resources. Please note we do not work directly with any of the providers here. Please contact each provider directly for information and to determine goodness of fit.

Crisis Resources – 24/7/365

Colorado Crisis Services

<https://coloradocrisisservices.org>
1844-493-8255

Denver Springs

www.denversprings.com
720-643-4300

Highlands Behavioral

www.highlandsbhs.com
720-348-2800

Counseling Resources

Skylark Counseling

Amanda Wigfield 303-204-7577
skylarkcounseling@gmail.com
Castle Rock/ Children /
Medicaid

EmpowHer Counseling

Tobi Brenner 303-500-3307
www.empowhercounseling.com
Telehealth / Adults / Insurance

Living Story Therapy

<https://www.livingstorytherapy.com/>
Denver / Adults / Insurance

Lifestance

www.lifestance.com
Multiple locations / All ages/ Insurance

Counseling Resources

Sondermind

www.sondermind.com
Multiple locations / All ages/ Insurance

Cathy Henricks with

Sondermind 262-468-1781
19641 E Parker Square Dr. Suite J
Parker, CO 80134
Parker / Adults / Insurance / EMDR

In the Moment Counseling

<https://www.inthemomentcounseling.com/>
Adults / Medicare / EMDR

Greenwood Counseling Center

<https://greenwoodcounselingcenter.com>
/ All ages / EMDR

The Counseling Place Lone Tree

www.counselinglonetree.com
303-241-0421
Multiple Locations/ All Ages/ EMDR/
Insurance

Knippenberg & Associates

<http://craigknippenberg.com/>
Denver and Littleton
Children/Teens/Social Skills
Groups/Assessments

Authentic Connections Counseling Center 720-370-3010

www.authenticconnections counseling.com
m Castle Rock / All Ages / Private Pay



Divorce Support

<https://divorceworkshopdenver.com>

Transportation Resources

Transportation for Medical Appointments for Clients with CO Medicaid

<https://gointelliride.com/colorado>

Medication Management

Cornerstone Psychiatry

<https://www.cornerstonepsychiatry.com/>

Chimontee Health Services

<https://www.chimonteehealthservices.com/>

Also see community mental health centers

Resources for Disordered Eating

NourishED Colorado

<https://nourishedcolorado.com/>

Eating Recovery Center

<https://www.eatingrecoverycenter.com/>

Resources for Couples Therapy

Holly Benight

19641 E Parker Square Dr. Suite J
Parker, CO 80134

<https://inyourcornercounseling.com>

Janelle Washburne

<https://janellewashburne.com>

Fiona Cochran

<https://www.fionacochran.com/>

The Marriage and Family Clinic

<https://www.themarriageandfamilyclinic.com/>

Other Helpful Resources

Specialized Treatment for Teens including Residential and Alternative High Schools

<https://thirdwaycenter.org>

Traumatic Brain Injuries

<https://www.denverhealth.org/conditions/t/traumatic-brain-injury-rehabilitation>



Community Mental Health Centers

CMHCs offer multiple services including therapy, medication management, case management, and more. They might have multiple locations, accept most insurances, and see most ages. This list covers most of Colorado – please see specific websites provided for more information.

All Health Network

Parker, Castle Rock, Littleton areas
<https://www.allhealthnetwork.org/>

Aurora Mental Health Center

<https://www.aumhc.org/>

Mental Health Center of Denver

<https://mhcd.org/>

Community Reach Center

Westminster, Thornton, Broomfield, and surrounding areas
<https://www.communityreachcenter.org/>

Jefferson Center for Mental Health

<https://www.jcmh.org/>

The Center for Mental Health

Delta, Gunnison, Hinsdale, Montrose, Ouray, San Miguel
<https://www.centermh.org/>

Northrange Behavioral Health

Greeley, Frederick, Evans, Ft. Lupton, Windsor
<https://northrange.org/>

San Luis Valley Behavioral Health Group

<https://www.slvbhg.org/>

Larimer Center for Mental Health

<https://www.summitstonehealth.org/>

Southeast Health Group

La Junta, Lamar, Rocky Ford, Las Animas, Ordway, Springfield, Eads
<https://www.southeasthealthgroup.org/>

Spanish Peaks Mental Health Center

Walsenburg and surrounding areas
<https://sprhc.org/>

Rocky Mountain Behavioral Health

Canon City and surrounding areas
https://rmbh.org