



# Recovery In Action

## Learn—Grow—Succeed

May/June  
2010

Recovery In Action

### My Recovery Story

Janice has been after me for months to get my recovery story done and I just haven't been able to do it. It's not an easy story to tell. There are no heroes or villains or romantic love scenes and it's definitely not a comedy. It's about reality, my reality which seems to be so raw at times and yet so distant and remote at others.

I currently attend the peer support classes that are offered at Colorado West and the Oasis. These classes were the only hope I had when I was discharged from the mental hospital in August. I was admitted to the hospital after another failed suicide attempt. I made my first attempt at suicide when I was nineteen. I'll never forget the lecture I got from the surgeon in the emergency room that stitched up my wrist. That's it - no intervention - no empathy - just how wrong I was for slitting my wrist. Several other attempts followed as I struggled with severe major depression and remnants of a distorted childhood. There were good times and there were some very, very bad times.

I am your typical example of a child that was raised in a family of alcoholism and codependency. Being the youngest in the family I so wanted to be seen and heard. I looked for attention in anyway I could get it. At a young age it didn't matter if it was a family member, family friend or relative. It didn't matter if the attention was appropriate or inappropriate. Someone noticed me. Someone realized I existed.

As I aged I continued this need for attention and acceptance. My life became a mixture of over achievement and destruction. I realized I was affected by my trauma from the past but I would try to avoid any emotions by being tough and would dissociate, hurt myself, abuse alcohol or escape into work. I made several attempts to "fix me". I tried therapy - my first therapist was a man and he would touch himself inappropriately during our sessions. I tried medication - it made me angry and aggressive. I stopped drinking alcohol - several times. I tried creating healthy relationships along the way - failed at that too. I buried myself in a career until I finally hit a rock bottom burn out. I was so tired. I was so alone. I just wanted to go. I just wanted all the madness to be over and done with. This was it. This time I was going to finally do it.

By the grace of God my last attempt at suicide failed and I ended up in building D. At that time I was unaware Colorado West existed. I was unaware there was whole complex full of people that were there to help. I was unaware that there were others just like me hanging on to a single thread of hope. I was also unaware of one major thing that kept getting in my way. This thing came along automatically. It was effortless and typically negative. This thing was my way of thinking.

I did not realize how much my negative thoughts affected my way of life until I started attending the peer support classes and groups offered by Colorado West. With the right combination of medication, therapy and coping skills I can now say I am on the road to recovery. I've been on this road now for eight months and it hasn't been easy. The road to recovery is full of pot-holes filled with emotion and road construction with long delays. But with the loving support of my family and the devoted team at Colorado West Mental Health I know in my heart this is it. I have finally found the tools and support I need for recovery and the hope to continue on.

CLH

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"If you want to feel proud of yourself, you've got to DO things you can be proud of. Feelings follow actions."  
~Oseola McCarty

### How Peer Services have helped me:

“Quite awhile my thoughts had been wracked with confusion. In fact, I had trouble with my ideas – not knowing if I was the only one that could hear what I thought. Worst part is, I started thinking things I shouldn’t in order to get the “mind readers” off of my back. Thought processes, as such are not health. So now I am taking the Tuesday Thinking 101 class at Oasis and so far I’ve been able, over time, to put a stop to the confusion of thoughts that don’t really exist. In other words, my mind no longer lingers on unacceptable thoughts and I am capable of gaining more control of the thoughts that had wracked my brain for awhile. I will continue to go to the group as a method to control the wrong kind of thinking and supplant this problem with the right kind of thoughts.” – Aaron S.

“I feel when I come in here I was not willing to change and felt that I had been wronged. I didn’t feel like I had a problem. At this point I’m aware of my problem and I feel like the biggest stumbling block has passed. How the peer services have helped me is to be able to see the progress that some of the clients have made despite some of their illnesses and this has inspired me to do my best when it comes to sharing in group.” – Lionel S.

“Peer support has made a great difference in my life. They have reached out to me with support and encouragement at a time in my life when I was in great need. The groups have always been very relevant to my life. It is hard to find the words to say exactly what peer support means to me. It gives me hope and comfort. It inspires me to keep on fighting. Thank you.” – Rebecca E.

“Peer support has been helpful to me because in the support group, I have been able to share my feelings and then I felt like people understood and cared. Also, in the recovery group, I have learned coping skills – setting goals, setting boundaries, changing negative thinking to positive, etc. I have been able to share my own recovery story with people in the hospital, and this has been encouraging as I felt like I was helping others. Peer support is a real blessing and I hope it will continue to expand and increase”. – Noleta

### Websites of Interest:

What is Hearts & Minds? The NAMI Hearts and Minds program is an online, interactive, educational initiative promoting the idea of wellness in both mind and body. Wellness is an ongoing process of learning how to make choices that support a more successful, health life. Engaging in a wellness effort can make a huge difference in the quality of your life. One study, published in the Journal of the American Medical Association, showed that taking the wellness approach can result in a 17 percent decline in total medical visits and 35 percent decline in medical visits for minor illness. Wellness is about the individual; you can decide what parts of your life you would like to change and you can determine your own success. Visit their website at [www.heartsandminds@nami.org](http://www.heartsandminds@nami.org).

Get Hooked Into Local Support with National Alliance on Mental Illness-Western Slope: [www.namicolorado.org/gjnami](http://www.namicolorado.org/gjnami) or e-mail at [www.namiwesternslope@gmail.com](mailto:www.namiwesternslope@gmail.com)

Colorado Health Partnership has a very informative website. The website is primarily for Medicaid members, but non Medicaid individuals can access a vast amount of information including over thousands of articles on health and mental health issues. Visit [www.yourchp.org](http://www.yourchp.org).

Stop the Stigma ([www.NKM2.org](http://www.NKM2.org)) Have you seen the terrific YouTube public announcement featuring actor Harrison Ford? The new PSA was produced by actor Joe Pantoliano’s No Kidding Me Too “Stomping the stigma” campaign and includes several actors. Check it out at [www.NKM2.org/videos](http://www.NKM2.org/videos).

### Second Annual “Walk For Recovery”

NAMI & OMFA’s “Walk for Recovery” was on May 1, 2010 at Sherwood Park. We would like to thank all of you who came out to support “Recovery.” All the proceeds will go towards peer run programs. We would also like to thank the Center for Independence, The Legal Center for People with Disabilities and Older People, and The Suicide Prevention of Mesa County for joining us this year. We look forward to continuing this journey to fight the battle against stigma, through educating the public. Good job gang. We look forward to next year.



## PEAK Phase I Implementation

This is a self-service interactive website that assists individuals to find out what programs they could be eligible for:

Colorado continues to improve the eligibility determination process. A new Web site, [Colorado.gov/benefits](http://Colorado.gov/benefits), allows individuals to determine if they are potentially eligible for food stamps, cash assistance, Medicaid or CHP+ through the "Am I Eligible" function. The PEAK Web site walks a potential client through a process and then provides useful information about their eligibility and how to apply. The PEAK "Check My Benefits" function allows existing CBMS clients the ability to check on benefits.

### PEER SUPPORT GROUPS IN GLENWOOD SPRINGS; RIFLE; FRISCO; STEAMBOAT SPRINGS

#### Glenwood Springs

##### **General Support Group**

1st and 3rd Wednesday of the month at 6:15 p.m. at Colorado West Mental Health, 6916 Hwy 82 Glenwood Springs. For questions, contact Janet at 970-945-5737.

#### Rifle

##### **General Support Group**

2nd and 4th Wednesday of the month at 6 p.m. at Grand River Plaza #1; 796 Megan Way (3rd floor). 970-309-9177.

#### Frisco

##### **Peer Support Group Mental Health and Substance Abuse**

Monday's at 12 p.m. at Colorado West Group Groom, 360 Peak One Drive, Suite 110, Frisco

##### **Peer Support General Support Group**

Wednesdays at 6 p.m. at Medical Office Bldg., 360 Peak One Drive, Ten Mile Room, Frisco

#### Steamboat Springs

**Bi-Polar/Depression Support Group** meets the 1st and 3rd Wednesday of each month at 6:30pm in conference room 2 of the hospital. (call Rona at 970-846-8182 or 970-875-2941 for information)

If you want information on the **Heartbeat Suicide Survivor's Support Group**, please call Ronna at 970-846-8182 or 970-875-2941.

### RECOVERY TRAINING AND PEER SERVICES ARE EXPANDING TO RURAL AND RESORT COUNTIES

Colorado West is looking for mental health consumers who are interested in learning more about Recovery from mental illness, and/or interested in providing support to their peers. Recovery is different for everyone, and allows those with a diagnosis to create a fulfilling, productive life in spite of their illness.

The recovery training portion of the program will be 48 hours, two days a week for four weeks. The Peer training will be an additional 48 hours, two days a week for four weeks. CLASSES TO START IN STEAMBOAT SPRING SOON!! Regardless of what county you may live in, if you have an interest

in the class, please contact Janice at [jcurtis@frontier.net](mailto:jcurtis@frontier.net) or 970-257-0891. This class is also open to family members who want to advance their learning.

We are looking forward to having peer support in every county of Colorado West if at all possible. We can't do that without the help of mental health consumers from each county. We need your help. If you are interested, please consider taking the class for your own Recovery, and then we can decide if you want to go on to provide peer support.

#### RECOVERY

*"You don't have to control your thoughts; you just have to stop letting them control you." - Dan Millman*

## 11 Quick and Simple Ways to Spread Positivity Around You Today

(Source: Posted by Henrik Edberg on January 19, 2010 in Career & Work, Health, People Skills, Personal Development, Success)

“You must be the change you want to see in the world.” - Mahatma Gandhi

Improving your attitude and living a more positive life overall can take a lot of time and effort. But a part of it can also be simple. You can spread positivity around you with small actions. This will not only make you and other people feel better today. Over time you tend to get what you give. You will make it easier for yourself to live a more positive life in the long run too.

1. **Smile.** Smiling puts you and the people around you into a more positive mood. It even works when you don't feel much like smiling. Just try forcing a smile for 30 seconds, if you are feeling a bit negative and see what happens.
2. **Give a genuine compliment.** Compliments are awesome. But make it a genuine one. Make sure you really mean it or it may have the opposite effect as your insincerity shines through. Find something a bit unexpected—like a great taste in old soul music rather than looks—and something that is important to the other person and make a positive appreciative comment about that.
3. **Hugs.** A hug is, just like smiling, a simple physical thing that can make anyone feel a little better.
4. **Encourage someone.** There is much discouragement in the world. You may hear from people around you, you may receive much negativity from the TV and newspapers. Many will back down from doing something they want because of that outer atmosphere of discouragement. So instead, be an exception and encourage people to believe in themselves and what they want to do.
5. **Change the way you feel.** Emotions are contagious. So spread positivity, know how you can create and sustain a positive attitude and optimistic mood. Know how to pick yourself up out of slumps. Besides smiling, you can also appreciate life more, change your physiology, act as you would like to feel, ask better questions and recall positive memories to make a quick emotional shift.
6. **Help someone out in practical way.** Maybe it's not encouragement that is needed. Maybe it's a practical solution. So lend someone a hand when they are moving or give them a ride in your car. Or if they need information, try to find a solution via Google or by asking the people you know.
7. **Just listen.** Sometimes people don't want any help. They just want to vent or for someone to listen as they figure out things. It may not seem like much but it can be an immense help for someone who needs it.
8. **Put things into perspective.** It's easy to get wrapped up in problems and make a mountain out of a molehill. But you can help out by adding your perspective. The two of you can talk about it, perhaps laugh about it and even find the hidden opportunity within the problem that is one person's head may have almost seemed like the sky was falling.
9. **Play positive music.** Uplifting music is of course a great way to boost your own mood. You can do the same for people around you. Put on a really positive song when you are hanging out. Or send them an uplifting playlist for Spotify or some other music program.
10. **Perform a random act of kindness.** Just hold the door or pointing out the way for someone who seems lost can be a way to spread a little bit of positivity. It's always nice when someone you don't even know does something kind for you.
11. **Pay it forward.** If a friend or stranger spreads a bit of positivity to you then in some way pay it forward. Spread the positivity on to another person and let an upward spiral of positivity grow and expand in your world.



RECOVERY IS ABOUT REGAINING CONTROL OF YOUR LIFE AND STRIVING FOR YOUR PERSONAL DREAMS. IT'S A JOURNEY, NOT A DESTINATION.

“Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born.” - Dr. Dale Turner

“When you develop yourself to the point where your belief in yourself is so strong that you know you can accomplish anything you put your mind to, your future will be unlimited.” - Brian Tracy

“The great thing in the world is not so much where we stand, as in what direction we are moving.” - Oliver Wendell Holmes Jr. (was a Supreme Court Justice)

“People become really quite remarkable when they start thinking that they can do things. When they believe in themselves, they have the first secret of success.” - Norman Vincent Peale (Author, The Power of Positive Thinking)

“You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you.” - James Allen

“Circumstances may cause interruptions and delays, but never lose sight of your goal. Prepare yourself in every way you can by increasing your knowledge and adding to your experience, so that you can make the most of opportunity when it occurs.” - Mario Andretti

*“Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself.” - Og Mandino*

We want to hear from you. The newsletter will come out bi-monthly. If you have any suggestions or want to write an article for the newsletter. Let us know. You can send them to Colorado West Regional Mental Health Center, 515 28 3/4 Road. Bldg A, Grand Junction, CO 81501, attn: Peer Services. You may also e-mail to [dcorbin@cwrmmc.org](mailto:dcorbin@cwrmmc.org).

*“Always laugh when you can. It is cheap medicine.” - Lord Byron*

Where to find Peer Support on Western Slope

Delta/Montrose—see page 6

Grand Junction—see page 6

Gunnison— contact Kelly at The Center for Mental Health at 970-252-3201 or [khause@midwestmhc.org](mailto:khause@midwestmhc.org)

Meeker—contact Lisa at 970-878-4305

Rifle/Glenwood Springs/Frisco—see page 2

Steamboat—see page 2

**Office of Member and Family Affairs—Midwestern  
Resource/Education Library  
Presentations and Educational Events  
Community Outreach/Awareness Activities**

Carol Jean Garner

Dir. Non-Clinical Services, Client Advocate  
970-252-3212  
cgarner@midwestmhc.org

Kelly Hause

Administrative Support, Office of Member  
and Family Affairs Coordinator  
970-252-3201  
khause@midwestmhc.org

Fund 7 Provider

Jim Jones  
Empowerment /Recovery Centers Coordinator  
970-252-1424  
jjones@midwestmhc.org

Family Advocate

Tabitha Cardenas  
970-252-1423  
tcardenas@midwestmhc.org  
Carol Jean Garner  
970-252-3212  
cgarner@midwestmhc.org

Grievance and Appeals

Bob Eckels  
970-252-3219

The Center for Mental Health Website  
www.midwestmhc.org

*The Center for  
Mental Health  
2130 East Main St.  
Montrose, CO 81401  
970-252-3200*

The Center for Mental Health Office Locations:

Administration Office	970-252-3200
Miami Outpatient Office	970-249-9694
Delta Office	970-874-8981
Gunnison Office	970-641-0229
Western State College Office	970-943-2484
Norwood Office	970-327-4449
Telluride Office	970-728-6303
Nucla Office	970-864-2198
Olathe Program	970-323-8699
Grievance and Appeals	970-252-3219

**24-Hour Crisis Line 970-252-6220**

Peer Specialists

Carol Jean	970-252-3212
Barb	970-964-2120
Gwen	970-965-2125
Debra	970-874-0436

Suicide Prevention Project

Judy Schmalz	970-252-3228
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Empowerment Recovery Centers

Jim Jones	Delta—970-874-0436; Montrose—970-252-1423
Tabitha Cardenas	Delta—970-874-0436; Montrose—970-252-1423

Open Arms Empowerment Center

510 South Second Street	970-252-1423
Montrose, CO 81401	

Delta New Beginnings Recovery Center

107 West 11th Street	970-874-0436
Delta, CO 81416	

The Center for Mental Health Online Depression/Anxiety Screening

All Screenings Available Now

[www.midwestmhc.org](http://www.midwestmhc.org)

**National Crisis Line 1-800-273-TALK (8255)**

<u>Medicaid Ombudsman</u>	1-877-436-7123
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Colorado Health Networks

Regional Grievance Coordinator	1-800-804-5040
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*"If you want to feel proud of yourself, you've got to DO things you can be proud of. Feelings following actions." - Oseola McCarty*

*"In moments of discouragement, defeat, or even despair, there are always certain things to cling to. Little things usually: remembered laughter, the face of a sleeping child, a tree in the wind—in fact, any reminder of something deeply felt or dearly loved. No man is so poor as not to have many of these small candles. When they are lighted, darkness goes away—and at such of wonder remains." (tombstone inscription n Britain)*

## Support groups offered by The Center for Mental Health's Office of Member and Family Affairs

**1. Depression Bipolar Support Alliance (DBSA) Group (Montrose)**

The current groups meets every Monday at 6:30 PM.

Open Arms Empowerment Center

510 South Second Street

Montrose, CO 81401

(for information on this support group, please contact Kelly at 970-252-3201 or email Kelly at [khause@midwestmhc.org](mailto:khause@midwestmhc.org))

**2. Gunnison Heartbeat**

This is a support group for survivors of suicide.

Meets the first Tuesday of each month from 7:00 PM to 8:30 PM.

Western State College (Newman Center) (for information on this support group contact The Center for Mental Health 970-641-0229)

600 North Adams Street

Gunnison, CO 81230

**3. Emotions Anonymous Support Group (Gunnison)**

Meets every Friday from 5:00 PM to 6:30 PM.

The Center for Mental Health

710 North Taylor Street

(for information on this support group, please contact Kelly at 970-252-3201 or email Kelly at [khause@midwestmhc.org](mailto:khause@midwestmhc.org))

*"Having a purpose in life is determined by what you make of life and what you make of yourself."—unknown*

**Mesa County Support Groups/Education**

For any information on these support groups/classes, please contact

Denise ([dcorbin@cwrmhc.org](mailto:dcorbin@cwrmhc.org)) 970-241-6023 ext 3790 or Roxanne ([rcaldero@cwrmhc.org](mailto:rcaldero@cwrmhc.org)) at 970-683-7115

or Janice ([jcurtis@frontier.net](mailto:jcurtis@frontier.net)) 970-257-0891

Colorado West is located at 515 28 ¼ Road, Building A, Grand Junction

Oasis Clubhouse is located at 450 Ouray, Grand Junction (by Mesa Library)

**Anxiety & Stress Support /Education (Wednesdays from 1:00-2:30pm at Colorado West)**

We all deal with anxiety and stress in today's world. Learning skills to deal more effectively can help in every day life! If you need to talk, we can listen. Lets help each other problem solve our way through life.

**Empowering Women (Thursdays from 10:00-11:30am at Oasis Clubhouse)**

For Women Only. Come join us for a time of relaxation, conversation and education. Women play many different roles in life, and it's easy to lose themselves, to get stressed out, and to want to quit altogether. We will learn ways to de-stress ourselves, to relax, to boost our self-esteem, learn boundaries; change our thoughts and understand our core beliefs.

**Emotions Anonymous (Coming in May at Oasis)**

Emotions Anonymous is a twelve-step group similar to Alcoholics Anonymous. This group is composed of people who come together weekly for the purpose of working toward recovery from emotional difficulties. This program has been known to work miracles in the lives of many who suffer from problems as diverse as depression, anger, broken or strained relationships, grief, anxiety, low self-esteem, panic, abnormal fears, resentment, jealousy, guilt, despair, fatigue, tension, boredom, loneliness, withdrawal, obsessive and negative thinking, worry, compulsive behavior and a variety of other emotional issues.

**NAMI – Family to Family (For more information on next class, contact NAMI Western Slope @ 970-462-3969)**

This is a 12 week Family—to—Family educational/support group. It is only available to those who have mental illness in their families. During the class you will learn about symptoms and clinical treatment of schizophrenia, bipolar disorder, clinical depression, obsessive compulsive disorder, borderline personality disorder, post traumatic stress syndrome and co-occurring brain disorder and addictive disorder. The class will help you to gain empathy by understanding the subjective, lived experience of a person with mental illness. Learn problem solving, listening, and communication techniques and acquire strategies for handling crisis and relapse. You will also learn techniques for coping with worry, stress, and emotional overload and improve communication with your loved ones. To sign-up contact NAMI-Western Slope at 970-462-3989.

**NAMI Recovery/Connections Support Group (Mondays from 2:00-3:30pm at Colorado West)**

There is no agenda, we just talk about what's going on with us, and try to find some answers to problems that group members may be experiencing. We also share resources we know about that can be very helpful. Give it a try and see if it's helpful to you. Consumers and Family Members Welcome.

**NAMI 3<sup>rd</sup> Wednesday (3<sup>rd</sup> Wednesday of every month from 6:00-8:00pm at Colorado West)**

The support component is available for those desiring it. The education varies from month to month, and we want to hear from you about what education you'd be interested in. Sometimes we have speakers, and other times we watch videos. Any subject is a possibility if there is interest. What would you like to learn?

**Mesa County Support Groups/Education**  
 For any information on these support groups/classes, please contact  
 Denise (dcorbin@cwrmmc.org) 970-241-6023 ext 3790 or Roxanne (rcaldero@cwrmmc.org) at 970-683-7115  
 or Janice (jcurtis@frontier.net) 970-257-0891  
 Colorado West is located at 515 28 ¼ Road, Building A, Grand Junction  
 Oasis Clubhouse is located at 450 Ouray, Grand Junction (by Mesa Library)

Improving Your Health (Thursdays from 1:00-2:00pm at Oasis Clubhouse)

Are you interested in making positive changes in your health? This is a class that will help you change bad habits and make new ones in the areas of smoking, eating, exercise (but we will not do them, but will discuss the value of it). We will use positive thinking and goal setting as tools to accomplish our goals along with information from leading sources.

Recovery for Life 101 and 102

This is a class that includes many different things that help consumers achieve Recovery, and will help family members gain needed education too. If you complete the class and put in average effort, you will receive education in multiple areas that will allow you to advance your recovery. Contact Janice Curtis 970-257-0891.

Recovery Training/CPS

Also referred as "Consumer Peer Specialist Training." This class uses a curriculum that helps get insight into how one's mental illness affects their life and what they can do about it. This class is to advance your recovery and if you choose to do so it further your aspirations of becoming a peer specialist. Contact Janice Curtis 970-257-0891.

Thinking 101 (Tuesdays 10:30-12:00pm at Oasis Clubhouse)

This class studies the book "SOS for Emotions" that was written to help anyone see how important it is to understand how your thinking creates your emotions. It gives you skills you can use to take control of those thoughts that can cause us all so much trouble. Anyone, consumer, or not, can have thoughts that create problems in their life. The thoughts create feelings that often lead to, or make anger, anxiety and depression much worse. Now who can't benefit from learning how to better control their thinking, so that they can create a far more pleasant life?

Women's Group (Fridays 10:00-11:30am at Colorado West)

Our lives as women are impacted by so many things, and we deserve all the help we can get! We will be learning many ways to deal with life's challenges and trauma. Books and CD's are available for loan to class participants.

**Colorado  
West  
Regional  
Office  
Locations  
and  
Numbers:**

Eagle County

CWMH – Eagle Valley  
328-6969 BL 328-6962

CWMH – Eagle Valley  
476-0930 BL 476-1050

Garfield County

945-2241 BL 947-9319

Colorado West Counseling  
Services Outpatient Clinic  
Glenwood Springs, CO  
945-2583

Colorado West Recovery  
Center/Detox  
Glenwood Springs  
945-8439

Colorado West Counseling  
Services – Rifle  
625-3582

Grand County

CWMH – Alpine Center  
Grandby, CO  
887-2179

Jackson County

CWMH – Walden  
723-0055

Moffat County

CWMH—Craig Mental Health  
824-6541

Pitkin County

CWMH – Aspen Counseling Center  
920-5555

Rio Blanco County  
(Meeker)

878-5112

CWMH – Rio Blanco Center  
(Rangely)  
675-8411

Routt County

CWMH – Steamboat Mental Health  
879-2141

Summit County

CWMH—Summit Center  
668-3478

Summit County Detox  
Frisco, CO 453-1365

Colorado West Recovery Services  
Mesa County – Grand Junction  
245-4213

Mesa County

**Colorado West Crisis Line**  
**1-970-241-6022**

CWMH-Psychiatric Hospital  
Grand Junction; 263-9535

CWMH—Outpatient Services  
Grand Junction; 241-6023

CWMH—Child & Family Program  
Outpatient—Grand Junction  
241-6023 ext 3270 or 245-3270

CWMH—Oasis Clubhouse  
450 Ouray  
Grand Junction  
241-6099

CWMH—Detox  
Grand Junction  
683-7000

Jenni Stansberry, Patient Representative  
and Client Advocate  
1-866-460-5928