



STUDENT TESTIMONIALS

“I learned how to cope and deal with stress. This provided me with the skills to overcome the stress of certain situations that are out of my control.”

“I talk more about how I’m feeling. I also learned how to listen and try to help those in need.”

“I have learned that I should accept how I feel and figure out ways to deal with those emotions.”

 Aurora
Mental Health
Center
Live Life
to the
Fullest

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Our School-Based Administrative
Offices are located at:

791 Chambers Rd., Ste 470
Aurora, CO 80011

For more information, or to access
all programs, call **303.617.2300**
or visit our website at
www.aumhc.org

SCHOOL-BASED SERVICES

Improving student learning and emotional
well-being by supporting youth, families
and school communities.





Providing Support for Our Youth

Aurora Mental Health Center's School-Based Services is one of our oldest programs. Having started with one elementary school provider, we now provide mental health treatment for school-age children in elementary, middle and high school settings in Aurora Public Schools, Cherry Creek School District, the Community College of Aurora, the Bennett and Byers School Districts and other educational settings.

Our Staff

Our diverse staff comes from a variety of backgrounds. They speak many languages (including Spanish) and are highly invested in the school communities in which they work.

Our specially trained treatment team works closely with students and their families to develop a treatment plan tailored to the student's needs. Treatment often includes a combination of:

- ✓ Individual therapy
- ✓ Group therapy
- ✓ Family therapy
- ✓ Psychiatric services

Our school-based staff leads dozens of therapy and wellness groups, providing therapeutic, active and engaging options for school-based clients and students in Aurora.

WHO BENEFITS

from Our Services?

Youth Who...

- ✓ Show signs of emotional distress, such as depression, anxiety or fearfulness
- ✓ Have difficulty following the rules at home or at school
- ✓ Would benefit from learning better social skills to improve peer relationships
- ✓ Have difficulty coping with a stressful or traumatic experience, such as:
 - Death or illness of a family member
 - Family conflict or violence
 - Physical or sexual abuse
 - Parental separation or divorce
 - Exposure to community violence
 - Out-of-home placement
 - Bullying at school
- ✓ Are experiencing difficulties that impede their success



What is Unique about Our Services?

We provide numerous services aimed at improving the well-being of the entire school community:

- ✓ Therapists located onsite at local schools help to reduce numerous barriers to accessing mental health support
- ✓ Our therapists work closely with the student and the school staff on their treatment goals
- ✓ Our therapists can conduct groups on-site with several students or provide targeted interventions to help participants develop positive relationships with other youth
- ✓ Increased access for youth whose families have difficulty transporting them to appointments at other Aurora Mental Health Center locations

Our services provide classroom-wide opportunities for all students to learn positive coping skills. These comprehensive services are not only reserved for those who are referred for therapy.