

Empowering Parents & Guardians



GET  
HELP  
NOW!

Our service promise is  
Hope. Health. Together.

## Youth and Family Services

For Every Age and Stage  
of Development



*Hope. Health. Together*

(719) 545-2746

[www.Health.Solutions](http://www.Health.Solutions)

## Outpatient Counseling and Medication Services

Health Solutions offers a range of outpatient behavioral health and medication services for youth at two locations in the Pueblo Area. Individual, group, and family counseling are available for children 0-18 years old utilizing a range of evidence-based best practices.

## Parenting Classes

We know how hard it is and we're here to help. Our parenting classes equip caregivers with skills and knowledge to understand and effectively address the emotional and behavioral needs of children in their care.

### Circle of Security

An 8-week course that supports parents of children 0-5 years old in making sense of what their children need and how they communicate those needs through behavior.

### Beyond Consequences

A 10-week course to support those parenting a child of any age with a history of trauma.

### Conscious Discipline

This 10-week course teaches parents/caregivers about the *Conscious Discipline Brain State Model* and how to create safe, connected, and problem-solving environments that allow adults and kids to function in their best brain state. Best suited for children 12 years and younger.

## Early Childhood Services

Our Early Childhood Mental Health teams are dedicated to helping parents and caregivers address common questions and concerns through educational and skill building services for the entire family. Services are offered in the home and community.

## School Based Services

Counseling Services delivered on-site at select Pueblo District 60 and 70 schools.

## Intensive Outpatient Program

For youth struggling with serious emotional challenges who may be at risk of suspension or expulsion from school, we offer intensive treatment services delivered in three-hour blocks to teach the skills youth need to cope, manage stress, solve problems, and communicate their needs effectively. These services are coordinated with school districts to accommodate school schedules.

## High Fidelity Wraparound

Wraparound programs were made for families who have lots and lots of services but aren't getting enough help for a child struggling with a behavioral health condition or serious emotional disturbance. Our wraparound program helps families identify and work toward what they need and want to have a better life.

## First Episode Psychosis (FEP)

The onset of a psychotic illness can involve hearing or seeing things or having unusual thoughts and this is often an overwhelming and frightening experience for a young person and their family. Health Solutions FEP program provides intensive treatment, support, and education to help individuals and families understand what is happening and to get the help needed.

## Multisystemic Therapy (MST)

MST is a short-term intensive family and home-based treatment program that addresses serious problem behaviors in youth to include criminal offenses, substance use, and violent behavior. The goal of MST is to keep kids at home, in school, and out of trouble.

